119

SWIM

MAY 1986

CANADA

PAMELA RAI, VICTORIA OLYMPIANS

Photo by Marco Chiesa

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CALENDAR

May
23-25 Thunder Bay Invitational
Guelph Invitational
EOSA Championships,Ottawa
POM Age Group Meet, Montreal
24-25 Olympian Invitational, Edmonton
30-1 Esso International/
Pacific Rim Centennial, Vancouver
31-1 Red Deer Invitational
June
30-1 ESSO YOUTH CHAMPS,Winnipeg
6-8 Ontario Cup 3, (LCM),Brock
Edmonton Invitational
7-8 BC Junior Provincials (SCM)
Seiko Cup/10 & Unders,Etobicoke
13-15 Alberta Jr.Provincials
20-22 BC Age Group Champs, Victoria
Open Championships, Saint John,NB
Moose Jaw Invitational
27-29 Medicine Hat Invitational
Eagle-Beaver, Ottawa
Nova Scotia Seniors
July
4-6 Quebec Cup (LCM) Olympic Pool
East Coast Championships
Sask Championships, Regina
Western Championships, Calgary
Stampede Invitational, Calgary
CDSC International (LCM)
Kalamalka Inv. Vernon (LCM)
Ontario Cup 4, Etobicoke
18-20 Ontario AG Championships
Alberta AG Championships
Quebec Team Championships
BC Age Group Champs. Victoria
25-27 Eastern Cup, Ottawa
24-2 Commonwealth Games, (LCM)
Edingburgh, Scotland
August
6-9 CANADIAN OPEN CHAMPS.
(LCM), Edmonton
13-23 World Championships, (LCM)
Madrid, Spain
September
9-11 ASCA Coaches Clinic, Ft.Worth
19-21 CASA Annual Meeting, Ottawa
October
25-27 CSCA Coaches Clinic, L'Esterel,PQ
November
27-30 Esso Invitational (SCM)

INFO

Clubs will be planning their fee structure for next fall in the next months. One of the characteristics of successful clubs is good coaching. Another one is having an informed membership.

Over 20 of the bigger clubs across the country build SWIM Magazine into their membership. For the 1986-87 season we would like to offer the following bulk subscription rates to Canadian swim clubs. In the case of large numbers we are reducing our rates while for smaller quantities a modest increase will be made.

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For those wishing faster service than the one second class mail provides, first class mail is also available at $40 per year. This service is provided now to members of the Canadian Swimming Coaches Association. Those wishing information on either first class service or membership in the CSCA should write to SWIM.

SWIM CANADA

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ASPECTS OF SWIMMING SUCCESS

PATRICIA YOUNG

Competition is the essential ingredient for a quality program. Without it, success is difficult if not impossible.

Success in isolation is the exception not the rule. We set our standards by those around us. If you are swimming in a remote area chances are that your sights are set on regional successes not national, let alone international ones.

At the Esso Cup/Commonwealth Trials this year, Etobicoke placed seven swimmers on the national team. The swimmers who make a conscious choice to join a club of that caliber expect to be challenged.

"The lack of competition doesn't keep the swimmers honest," says Kerry Mummery, coach at Saskatoon Goldfins. "You gradually lose your competitive edge by not having to stand up.

"The most success we've had is when there is strong inter-team competition. Right now we have strong 13-14 year-old girls and they push each other. It is much harder to do it alone."

Jim Fowlie, who has coached at six clubs, ranging from Prince George in the interior of B.C., to his current position as head coach of North York Aquatic Club, sees the problem as a regional attitude.

"A small club like Ajax (just outside of Toronto), which produced an Olympic gold medalist, would never have a shot in western Canada. They would never be able to afford the travel costs. Because of their exposure to competition they can stay small and still be successful."

The problem is not limited to the west. Andrew Cole has swum in Dartmouth, N.S. and Toronto. The same problems are apparent to him.

"The thing I find most noticeable is that in the Maritimes motivation has to come from within. Every time out I'm on my own. I have to continually motivate and push myself. In Toronto the motivation is in the next lane."

This constant pressure can have a backlash effect on some young swimmers.

"There are fewer meets out west," said Fowlie. "In some cases it helps a kid get through those dry spells. In other cases they can hide behind their reputation and stop improving.

"If a kid has a bad year in the east he gets chewed up."

IN THE MARITIMES MOTIVATION HAS TO COME FROM WITHIN. IN TORONTO THE MOTIVATION IS IN THE NEXT LANE.

KIM STOBBS

11-12 GIRLS ALL-TIME TAG 100 BACKSTROKE

SHORT COURSE	*LONG COURSE*
1:06.23 L.Melien,AAC,85	1:07.73 L.Melien,AAC,85
1:07.28 S.Duncan,HT,77	1:07.90 N.Garapick,HT,74
1:07.55 M.Henry,COB,84	1:09.36 K.Stobbs,BO,85
1:08.58 K.Stobbs,BO,86	1:09.64 K.Ursan,Hyack,81
1:08.60 B.McBain,VP,80	1:09.70 S.Kwasny,TBT,75
1:09.50 L.Shields,DDO,83	1:10.00 S.Smith,VPSC,74
1:09.58 K.Ursan,Hyack,81	1:10.02 B.McBain,VP,79
1:09.61 M.Evans,EK,84	1:10.36 L.Shields,DDO,82
1:09.78 Coulombe,MN,78	1:10.50 J.McKetsy,LU.83
1:09.83 A.Dozzo,NY,81	1:10.52 J.Roberts,CD,83

11-12 GIRLS ALL-TIME TAG 200 BACKSTROKE

SHORT COURSE	*LONG COURSE*
2:21.92 L.Melien,AAC,85	2:24.88 N.Garapick,HT,74
2:23.93 A.Dozzo,NY,81	2:25.80 S.Kwasny,TBT,75
2:24.84 A.Higson,ESC,86	2:27.90 Boulianne,PC,76
2:26.64 Coulombe,MN,78	2:27 91 K.Ursan,Hyack,81
2:27.20 Boulianne,PC,76	2:28.07 J.McKetsy,LU,83
2:27.51 K.Stobbs,BO,86	2:28.88 L.Melien,AAC,84
2:27.91 K.Ursan,Hyack,81	2:28.90 MacPherson,E,78
2:28.27 T.Black,HW,78	2:29.30 S.Smith,VP,74
2:28.33 MacPherson,E,79	2:29.93 K.Stobbs,BO,85
2:28.39 J.McKetsy,LU,83	2:30.10 L.Shields,DDO,82

"They are more swimming oriented in Toronto," agrees Cole. "The kids in the Martimes are just as aggressive, just as keen, but I think they lack confidence."

Isolated clubs have to deal with the lack of competition within the club, at local meets and the added burden of the high cost of travel to find suitable challenges. These are constraints that people in large urban centres would never stop to consider.

"You have to realize that the small towns operate on a 'mail order' mentality," said Fowlie. "Even doing the simplest thing, like getting parts for a video camera, is difficult. When I was in Prince George it took 14 months to have the camera fixed. In Toronto we'd have it back the next day.

"Communication between clubs is another example," he continued. "In eastern Canada everyone knows whats going on before the the coach does. One of my swimmers was sick and I learned about it from another club's coach. Just for fun I traced the story and found it had travelled through six people before it got to me.

"Out west I've had kids in the hospital and nobody knew about it. It's amazing what long distance phoning will discourage people from doing."

A coach has to be able to convince his club that the extra costs incurred by travelling to better meets is worth the price.

"You can get all the competition that we spend thousands of dollars on, for the price of a subway token in Toronto," said Mummery.

"Our travel budget will be over $60,000 next year. Regina is our closest competition and they're two-and-a-half hours to the south. That's fine for development but the elite swimmers don't get challenged."

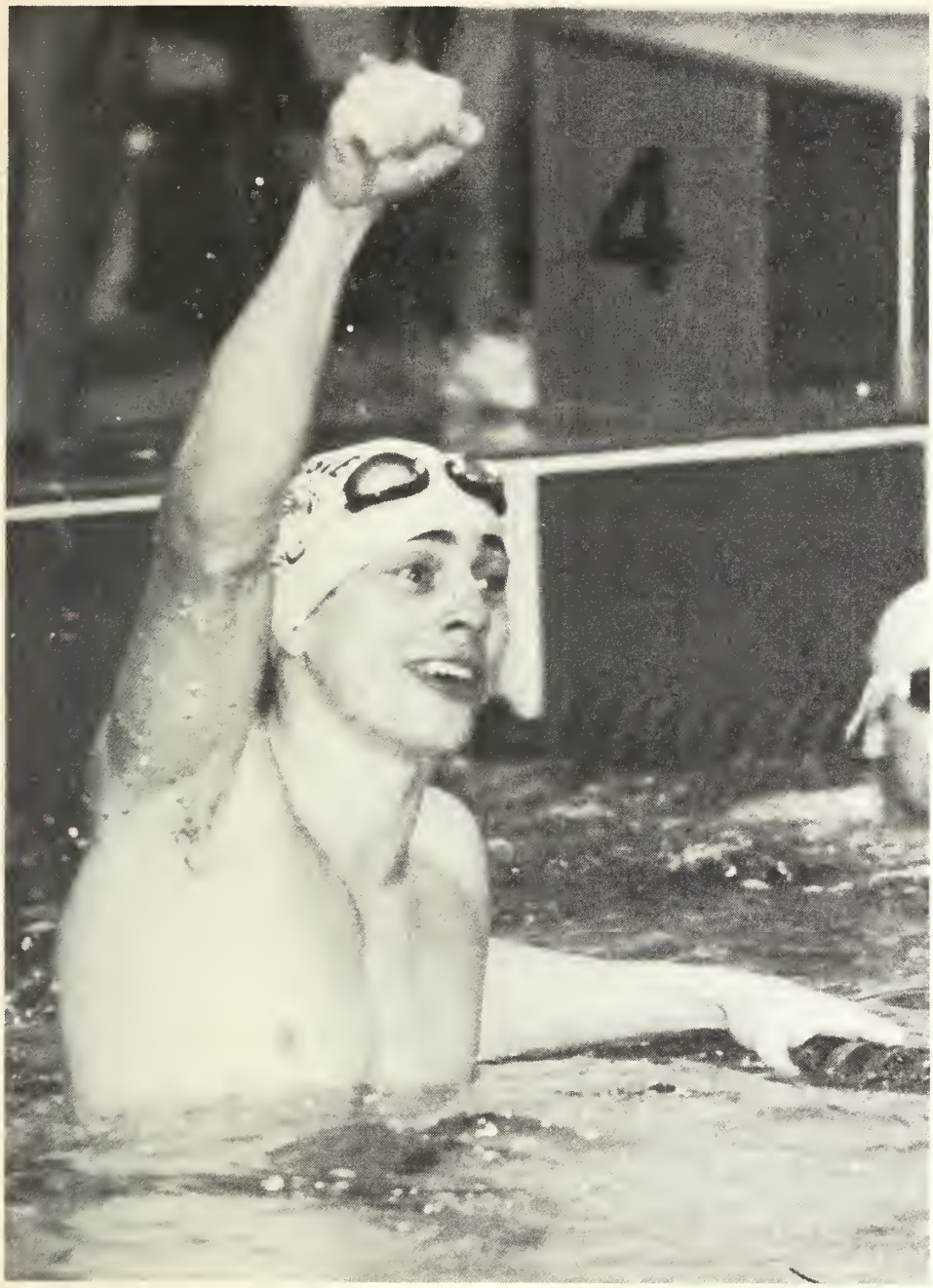
"There are some clubs with good young kids in western Canada," said Fowlie, "but because of the high cost of travel they end up stagnating."

Nothing illustrates the need for exposing talented swimmers to competition than the case of Kim Stobbs from Saskatoon. She is currently third on the all-time 100 back list for 12 year-olds. Ahead of her are Lori Melien, the record holder, and Nancy Garapick, who went on to win an Olympic medal in that event.

"Kim left Saskatoon to live in Sarnia," said Mummery. "Her training there was really reduced. The edge she got was from standing up and racing repeatedly against the best girls in southern Ontario. She came back to Saskatoon knowing what it takes to win."

Another problem is educating the parents to the need for good competition and the expenses that go with it.

"The parent group," says Fowlie, "is just a reflection of how well the coach has educated and communicated with them. Few clubs know enough to



ANDREW COLE, WINS 1985 CIAU 200 BREASTSTROKE

"Talbot hit the nail on the head," said Fowlie. "It's the ability and willingness of the coaches to sell elite sport. The common thing I've noticed all across the country is that great coaches CONSTANTLY sell excellence.

"What's pulling us down is the undermining by non-producers."

"It seems to be improving," says Cole. "Hiring full-time coaches from other parts of the country can help swing the orientation from regional to national.

"Unless the kids are exposed to this type of attitude they'll continue to be satisfied with provincal wins. You have to have higher goals than that."

Because not all clubs can afford the cost of an elite coach, an alternative is the use of training centres and camps. By getting to know each other, their peers will become the best swimmers from all parts of the country, not just in their province or club.

"I have three kids going to the youth team camp this year," said Mummery. "They'll get to know the kids in the rest of the country instead of just reading about them.

"If we want to produce world ranked swimmers that is what is needed."

For Andrew Cole his spot on a tour team stopped him from quitting the sport all together.

"I had some success around 17, the age when a lot of swimmers quit. It just gave me the drive to go on," he said.

Despite the constraints it is still possible for isolated areas to produce elite swimmers. The very fact of the isolation can save a swimmer the meat grinder atmosphere of age group swimming in Ontario.

The one thing that can't be ignored is the need for excellence oriented coaches who know how to build a club and develop elite athletes.

"Swimming can be such a burnout sport," said Cole. "The most important thing now is to get the right type of coach." □

even have a goal statement."

Fowlie believes that, "it's not necessarily the money, but the attitude each coach takes into the program that gives direction to the club."

Which brings us to the one fact that can't be ignored; swimming is a coach centred sport. With the right coach and committment even the most isolated club can achieve success. The most spectacular example was the Thunder Bay Thunderbolts.

In 1972 Don Talbot took the position of head coach at TBT. By 1976 they had eight swimmers on the Montreal Olympic team, with Graham Smith winning a silver and Becky Smith two bronze medals.

In 1976 they set the TAG points score record which only this year fell to Etobicoke. A decade later TBT is ranked 18th in TAG.

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CALGARY SWIMMERS WIN AT US NATIONALS MURPHY, OUNPUU WIN AT NCAA

It was to be a first of sorts. This meet, held March 25-29 in Orlando, Fla. was scheduled to fall midway between the women's NCAA and men's NCAA championships. The result was that hardly any of the top collegiate swimmers took part.

Many thought this would hurt the meet, but it did just the opposite. The best high school age and older swimmers, past their collegiate eligbility, were able to compete. However not all is as it should be, of the 28 individual events 10 were won by foreign swimmers. Two of these were by a surprisingly strong University of Calgary team which added three seconds, and two thirds.

For Mark Tewksbury it was three in a row. The last three times he has raced world record holder Rick Carey, Mark has beaten him. Mark's winning time in the 100 yards back was 49.33. He added a third in the 200 with 1:46.74. Calgary's medley relay of Tewksbury, Chernoff, Ponting and Lacoursiere finished second, after having to swim in an early unseeded heat without competition from the best teams.

Tom Ponting won the 100 fly, 47.61, and placed a close second to Denmark's Benny Nielsen in the 200.

Suki Brownsdon, was unsuccessful in defending her breaststroke title from a year ago. She finished second in the 100, with a time faster than Ounpuu's NCAA win, and was third in the 200.

Calgary coach Deryk Snelling explained the strategy involved. "The meet gives us something positive to think about and set our goals accordingly. The racing experience is invaluable. Often time is not a big factor, but an individual's ability to race side-by-side is what's really important.

"The Americans really know how to use the walls when turning and they have the best starts. It comes from their emphasis on short course.

"Our team didn't do so well at the start of the meet, when we swam in the 200's. By the last day they were tough, having learned to use the walls and race aggressively to get out in front.

"I believe our swimmers are just as fit as the Americans, but we are less experienced when it comes to racing. I'm working on developing this 'race experience' before Seoul. □

EUROPEAN TOUR

The University of Calgary swim team will be competing in England during the early part of May.

"The first part of the trip lasts 10 days," Deryk Snelling, head coach of UCSC explained. "We arrive in England, May 1, and compete in Cardiff (Wales) on the weekend of the 3rd-4th. We follow this by training with two British clubs for the following week.

"Five of the best kids, will then go to the Soviet Union for a training camp on the shores of the Black Sea, near the Turkish border. It's a unique opportunity to train with the best Soviets and perhaps some GDR swimmer.

"We'll be there for 10 days during which time we'll be completely integrated with the Soviet training regime. It's a wonderful opportunity to see what they're doing first hand.

"This 22-day tour will be a thorough test of everyone's abilities in competition and training in unfamiliar circumstances.

Snelling feels that international success is only possible from 'tough athletes'. "Canadians are seldom fit enough or prepared psychologically to swim as fast as Eastern swimmers who are able to establish world class times throughout the season.

"I'm aiming our team at being able to swim fast at least four times a season."

On the coming Commonwealth Games in July, Snelling, Canada's overall head coach expressed the following, "Edingburgh is an excellent venue. It has a nice environment, good crowds and there will be intense competition. It may not be the quickest pool in the world, but a race is a race. Winning should be more important than the times." □

NCAA ROUNDUP

Women's NCAA Champs.

The University of Texas won their third consecutive team title with 633 points to runner-up Florida with 586.

Cindy Ounpuu's double gold medal performance in the 100-200 breast, with times of 1:02.57 and 2:12.73, wasn't enough to help her Florida team catch Texas. Cindy had just qualified for Canada's Commonwealth Team at the Esso Cup held two weeks prior to this meet.

Ounpuu's swims are just off the best-ever yard times (1:01.13 and 2:11.46) set by Tracy Caulkins.

One US record was set by Jenna Johnson of Stanford in the 100 yards fly with 52.69.

MEN'S NCAA CHAMPS.

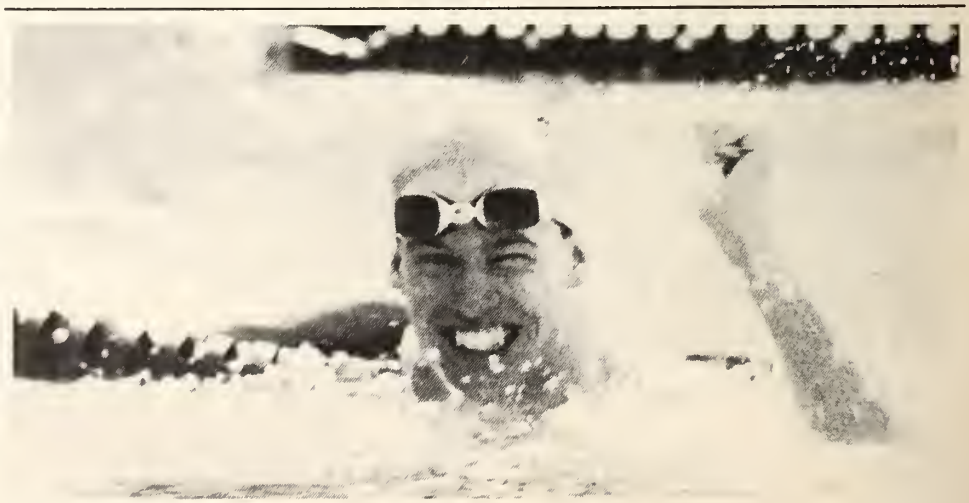
Stanford won their second consecutive team title with Sean Murphy helping the cause with his 200 yards backstroke win. His winning time of 1:45.90 improved on his 1:46.29 of a year ago when he won the same event.

Murphy placed fourth in the 100 back, and helped Stanford win the 4x100 medley relay.

Matt Biondi was the star of the meet with a sweep of the 50-100-200 free. The last person to accomplish this sprint sweep was Al Schwartz, way back in 1930.

Biondi set an American record in the 50 free with 19.22, and broke another barrier when he anchored his California 4x100 free relay team with a 40.98, the first sub-41 second relay leg.

Stanford's winning team was helped by Pablo Morales' American record in the prelims of the 100 fly 46.26 and Jeff Kostoff's record swim in the 1650 free with 14:37.87. □



MARK TEWKSBURY

USS NATIONALS
Orlando,Fla. Mar.25-29
(25 yards)

MEN
50 YARDS FREE
20.07 P-Siong Ang
20.25 Troy Dalbey
20.28 Norman Wyatt
100 YARDS FREE
43.77 John Everatt
44.03 Troy Dalbey
44.46 Joseph Lileikas
200 YARDS FREE
1:35.34 Troy Dalbey
1:36.66 Artur Wojdat,POL
1:36.69 Paul Robinson
500 YARDS FREE
4:17.30 Troy Falbey
4:17.45 Dan Jorgensen
4:18.19 Sean Killion
1000 YARDS FREE
8:48.68 Dan Jorgensen
8:58.48 Artur Wojdat,POL
9:00.85 John Witchel
1650 YARDS FREE
14:53.67 Dan Jorgensen
14:56.99 Sean Killion
15:02.29 Paul Robinson
100 YARDS BACK
49.33 Mark Tewksbury,UCSC
49.61 Rick Carey
50.57 Jeff Rouse
200 YARDS BACK
1:45.57 Rick Carey
1:46.30 Tamas Darnyi,HUN
1:46.74 Mark Tewksbury,UCSC
100 YARDS BREAST
54.56 Tom Genz
54.74 Bob Jackson
55.67 George Koch
56.53 Rob Chernoff,UCSC(7th
200 YARDS BREAST
1:59.36 Joseph Szabo,HUN
2:01.10 George Koch
2:01.35 Ray Looze
100 YARDS FLY
47.61 Tom Ponting,UCSC
48.34 Benny Nielsen,DEN
48.53 Anthony Nest,SUR
200 YARDS FLY
1:45.62 Benny Nielsen,DEN
1:45.79 Tom Ponting,UCSC
1:46.15 Chris Rives
200 YARDS IND.MEDLEY
1:47.11 David Wharton
1:47.84 Chris Rives
1:48.47 Tamas Darnyi,HUN
400 YARDS IND.MEDLEY
3:46.67 Tamas Darnyi,HUN
3:48.56 David Wharton
3:49.90 Josef Szabo,HUN
4X100 MEDLEY RELAY
3:18.30 Little Rock
3:20.75 Univ.of Calgary
3:21.22 San Jose
4x100 FREE RELAY
2:59.20 San Jose
3:00.74 Little Rock
3:01.03 Santa Clara
4x200 FREE RELAY
6:32.85 San Jose
6:36.67 Misson Viejo
6:37.44 Santa Clara
6:37.99 Univ.of Calgary

RICK CAREY

WOMEN
50 YARDS FREE
22.88 Jeanne Doolan
23.06 Sandy Nielson
23.61 Andrea Nugent,UCSC,11
100 YARDS FREE
49.90 Conny VanBentum,HOL
50.20 Carrie Steinseifer
200 YARDS FREE
1:46.67 Conny VanBentum,HOL
1:47.10 Juliane Brossman
500 YARDS FREE
4:42.74 Debbie Babashoff
4:42.96 Kim Brown
1650 YARDS FREE
16:05.18 Kim Brown
16:08.00 Missy Herndon
100 YARDS BACK
55.73 Cynthia Barr
56.27 Andrea Hayes
200 YARDS BACK
1:57.63 Andrea Hayes
1:58.95 Laura McLean
100 YARDS BREAST
1:01.88 Jenny Hau
1:02.32 Suki Brownsdon,UCSC
200 YARDS BREAST
2:12.81 Hiroko Nagasaki,JPN
2:14.55 Jenny Hau
2:15.46 Suki Brownsdon,UCSC
100 YARDS FLY
54.01 Conny VanBentum,HOL
54.29 Whitney Hedgepeth
200 YARDS FLY
1:56.86 Michelle Griglione
1:57.02 Erika Hansen
200 YARDS IND.MEDLEY
1:59.98 Michelle Griglione
2:01.32 Laura McLean
400 YARDS IND.MEDLEY
4:12.95 Michelle Griglione
4:14.86 Laura McLean

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[illegible]	ARENAFEB	Bernd Hoffmeister,FRG
[illegible]	AUSWINTR	Greg Fasala,AUS
[illegible]	ITASC	Giovanni Franceschi,ITA
[illegible]	ARENAFEB	Stefan Volery,SUI
[illegible]	SWESCJAN	Goran Titus,SWE
[illegible]	ARENAFEB	Stephan Caron,FRA
[illegible]	SWESCJAN	Nils Liedberg,SWE
[illegible]	ITASC	Mauro Marini,ITA
[illegible]	SWESCJAN	Pelle Holmertz,SWE
[illegible]	SWESCFEB	Per Johansson,SWE
[illegible]	SWESCJAN	Peter Gommel,SWE
[illegible]	ARENAFEB	Stephan Gusgen,FRG
[illegible]	DENDEC	Vagn Hogholm,DEN
0:23.08	ARENAFEB	Alexander Schowtka,FRG
0:23.12	SWESCJAN	Jan Karlsson,SWE
0:23.13	ARENAFEB	Andre Schadt,FRG
0:23.14	SWESCJAN	Richard Milton,SWE
0:23.15	SWESCJAN	Joakim Holmqvist,SWE
0:23.16	SWESCJAN	Tommy Werner,SWE
0:23.17	SWESCFEB	Jorg Woithe,GDR
0:23.18	ARENAFEB	Erik Ran,HOL
0:23.19	ITASC	Andrea Ceccarini,ITA
0:23.20	ARENAFEB	Rolf Meltzahn,FRG
0:23.21	SWESCJAN	Magnus Eriksson,SWE

100 METRES FREESTYLE
Rec:0:48.52 D.McCagg,USA,78

0:48.89	CANNES	Stephen Caron,FRA
0:49.12	SWESCJAN	Tommy Werner,SWE
0:49.18	AUSWINTR	Greg Fasala,AUS
0:49.20	ARENAFEB	Andrew Schadt,FRG
0:49.51	ARENAFEB	Michael Gross,FRG
0:49.62	ARENAFEB	Stefan Volery,SUI
0:49.68	ITASC	Giovanni Franceschi,ITA
0:49.70	FRGSCFEB	Dirk Korthals,FRG
0:49.72	ARENAFEB	Marcel Gery,TCH
0:49.73	SWETRS	Michael Soderlund,SWE
0:49.80	AUSWINTR	Blair Hicken,CAN
0:49.86	EUROPCUP	Dirk Richter,GDR
0:49.90	FRGSCFEB	Frank Henter,FRG
0:49.92	GDRCHMPS	Jorg Woithe,GDR
0:49.98	EUROPCUP	Vladimir Tkacenko,URS
0:49.99	GDRCHMPS	Steve Zest,GDR
0:50.00	HOLNOV	Hans Kroes,HOL
0:50.07	EUROPCUP	Alexander Schowtka,FRG
0:50.13	SWESCJAN	Joakim Holmqvist,SWE
0:50.14	SWESCJAN	Magnus Eriksson,SWE
0:50.20	FRGSCFEB	Torsten Wiegel,FRG
0:50.24	SWESCJAN	Peter Gommel,SWE
0:50.26	ITASC	Fabrizio Rampazzo,ITA
0:50.30	BULSCMAR	Zvetan Golomeev,BUL
0:50.43	FRGSCFEB	Bernd Hoffmeister,FRG

200 METRES FREESTYLE
Rec:1:44.50 M.Gross,FRG,82

1:45.43	SWESCJAN	Tommy Werner,SWE
1:46.20	FRGSCFEB	Michael Gross,FRG
1:46.23	FRAWINTR	Stephan Caron,FRA
1:46.45	SWESCJAN	Anders Holmertz,SWE
1:46.87	ARENAFEB	Rainer Henkel,FRG
1:47.08	ARENAFEB	Alexander Schowtka,FRG
1:47.20	FRGSCFEB	Stefan Pfeiffer,FRG
1:47.40	FRGSCFEB	Dirk Korthals,FRG
1:47.97	GDRCHMPS	Lars Hinneburg,GDR
1:48.04	SWETRS	Michael Soderlund,SWE
1:48.17	EUROPCUP	Nikolai Evseev,URS
1:48.30	FRGSCFEB	Thomas Fahrner,FRG
1:48.46	AUSWINTR	Thomas Stachewicz,AUS
1:48.46	ARENAFEB	Torsten Wiegel,FRG
1:48.52	SWESCFEB	Thomas Flemming,GDR
1:48.59	HOLSCFEB	Frank Drost,HOL
1:48.74	ITASC	Giovanni Franceschi,ITA
1:48.79	HOLSCFEB	Hans Kroes,HOL
1:48.85	GDRCHMPS	Uwe Dassler,GDR
1:48.90	ONT A	Alex Baumann,CAN
1:49.11	ITASC	Marco Colombo,ITA
1:49.15	AUSWINTR	Tom Ponting,CAN
1:49.16	HOLSCFEB	Edsard Schlingemann,ROL
1:49.23	HOLSCFEB	Patrick Dyblona,HOL
1:49.40	FRGSCFEB	Andre Schadt,FRG

400 METRES FREESTYLE
Rec:3:42.40 M.Gross,FRG,85

3:44.94	ARENAFEB	Stefan Pfeiffer,FRG
3:45.26	ARENAFEB	Rainer Henkel,FRG
3:45.88	ARENAFEB	Vladimir Salnikov,URS
3:46.00	FRGSCFEB	Michael Gross,FRG
3:47.68	SWESCJAN	Anders Holmertz,SWE
3:47.98	FRAWINTR	Uwe Dassler,GDR
3:49.33	ESSONOV	Steffen Liess,GDR
3:49.39	SWESCJAN	Stefan Persson,SWE
3:49.58	CIAUMAR	David Shemilt,CAN
3:49.97	GDRCHMPS	Lars Hinneburg,GDR
3:50.43	SWESCFEB	Thomas Flemming,GDR
3:50.82	ITASC	Alessandro Ciucci,ITA
3:51.20	FRGSCFEB	Thomas Fahrner,FRG
3:51.89	ITASC	Stefano Grandi,ITA
3:51.95	FRAWINTR	Robert Pinter,ROM
3:52.04	HOLSCFEB	Frank Drost,HOL
3:52.15	CIAUMAR	Gary VanderMeulen,CAN
3:52.61	SWESCJAN	Tony Lennartsson,SWE
3:52.72	ARENAFEB	Zoltan Szilagyi,HUN
3:52.79	ARENAFEB	Tomasz Gawronski,POL
3:52.91	ITASC	Luca Pellegrini,ITA
3:53.00	FRAWINTR	Kevin Boyd,GBR
3:53.10	FRGSCFEB	Carsten Hoffmann,FRG
3:53.15	ARENAFEB	Markus Gotze,FRG
3:53.23	GDRCHMPS	Ralk Hannemann,GDR

800 METRES FREESTYLE
Rec:7:38.75 M.Gross,FRG,85

7:43.30	ARENAFEB	Vladimir Salnikov,URS
7:47.51	ARENAFEB	Stefan Pfeiffer,FRG
7:48.14	ARENAFEB	Rainer Henkel,FRG
7:52.54	EUROPCUP	Uwe Dassler,GDR
7:57.79	AUSWINTR	Michael McKenzie,AUS
7:58.59	ARENAFEB	Tomasz Gawronski,POL
7:58.97	AUSWINTR	Chris Chalmers,CAN
8:02.18	SWESCJAN	Stefan Persson,SWE
8:03.12	SWESCJAN	Anders Holmertz,SWE
8:04.38	ARENAFEB	Robert Pinter,ROM
8:04.99	ARENAFEB	Darjan Petric,YUG
8:05.03	AUSWINTR	Jason Plummer,AUS
8:05.76	AUSWINTR	Stuart Feenstra,AUS
8:06.94	ARENAFEB	Thomas Muller,FRG
8:08.36	GBTRSNOV	Tony Day,GBR
8:08.69	EUROPCUP	Renato Paparella,ITA
8:09.31	AUSWINTR	Simon Upton,AUS
8:10.68	FRAWINTR	Christophe Bordeau,FRA
8:11.66	FRAWINTR	Yann Cardineau,FRA
8:11.80	ESSONOV	Frank Iacono,FRA

1500 METRES FREESTYLE
Rec:14:37.60 V.Salnikov,SOV,82

14:45.59	EUROPCUP	Vladimir Salnikov,URS
14:50.13	EUROPCUP	Stefan Pfeiffer,FRG
14:55.25	EUROPCUP	Uwe Dassler,GDR
15:12.26	CIAUMAR	David Shemilt,CAN
15:13.76	AUSWINTR	Chris Chalmers,CAN
15:13.99	ITASC	Alessandro Ciucci,ITA
15:16.80	AUSWINTR	Michael McKenzie,AUS
15:17.44	BCAGMAR	Turlough O'Hare,CAN
15:17.51	EUROPCUP	Renato Paparella,ITA
15:18.25	BCAGMAR	Rarry Taylor,CAN
15:20.00	GBTRSNOV	Tony Day,GBR
15:21.54	FRAWINTR	Stefan Persson,SWE
15:22.20	ITASC	Stefano Grandi,ITA
15:24.60	FRAWINTR	Christophe Bordeau,FRA
15:24.83	WINJUL	Richard Ford,AUS
15:24.84	GDRCHMPS	Steffen Umlauft,GDR
15:24.90	FRGSCFEB	Thomas Fahrner,FRG
15:24.91	POLvsROM	Tomasz Gaeronski,POL
15:27.20	ESPSCMAR	Xavier Torrallardona,ESP
15:27.32	FRAWINTR	Yann Cardineau,FRA
15:27.79	EUROPCUP	Frank Iacono,FRA
15:28.17	ITASC	Luca Pellegrini,ITA
15:28.94	AUSWINTR	Jason Plummer,AUS
15:30.44	YUGCUP	Darjan Petric,YUG
15:31.97	SWESCJAN	Anders Rolmertz,SWE

100 METRES BACKSTROKE
Rec:0:54.20 D.Richter,GDR,85

0:54.20	EUROPCUP	Dirk Richter,GDR
0:54.53	ARENAFEB	Igor Polianski,URS
0:55.52	ESSONOV	Mark Teeksbury,CAN
0:55.57	ARENAFEB	Frank Hoffmeister,FRG
0:55.69	ESSONOV	Rick Carey,USA
0:55.91	ARENAFEB	Miloslav Rolko,FRG
0:56.22	GDRCHMPS	Frank Schneider,GDR
0:56.40	GDRCHMPS	Frank Baltrusch,GDR
0:56.42	HOLSCFEB	Hans Kroes,HOL
0:56.48	ITASC	Giovanni Franceschi,ITA
0:56.80	EUROPCUP	Lars Sorensen,DEN
0:56.80	SWESCJAN	Rans Fredin,SWE
0:56.84	FRAINTER	Frederic Delcourt,FRA
0:56.89	FRAINTER	Renaud Boucher,FRA
0:56.90	ESSONOV	Sandy Goss,CAN
0:56.95	HOLSCFEB	Edsard Schlingemann,HOL
0:56.96	ESSONOV	Mike Kowalski,USA
0:56.98	EUROPCUP	Geurgui Mihalev,BUL
0:57.07	EUROPCUP	Edward Edeardsson,ISL
0:57.08	AUSWINTR	Thomas Stacheelcz,AUS
0:57.14	EUROPCUP	Josef Hladky,TCR
0:57.14	ARENAFEB	Peter Bermel,FRG
0:57.40	DUAANOV	Deke Botsford,CAN
0:57.46	ITASC	Mauro Marini,ITA
0:57.54	SWESCJAN	Per-Ake Brinck,SWE

200 METRES BACKSTROKE
Rec:1:56.73 I.Polianski,URS,86

1:56.73	ARENAFEB	Igor Polianski,URS
1:58.00	EUROPCUP	Dirk Richter,GDR
1:58.50	FRGSCFEB	Frank Hoffmeister,FRG
1:59.49	ESSONOV	Rick Carey,USA
1:59.81	ESSONOV	Mark Teeksbury,CAN
2:00.17	ROSTNOV	Frank Baltrusch,GDR
2:00.37	FRAWINTR	Tamas Darnyi,RUN
2:01.13	ARENAFEB	Miloslav Rolko,FRG
2:01.20	FRAINTER	Frederic Delcourt,FRA
2:01.22	ESSONOV	Deke Botsford,CAN
2:01.52	ONT A	Alex Baumann,CAN
2:01.88	DENDEC	Lars Sorensen,DEN
2:01.96	GDRCHMPS	Frank Schneider,GDR
2:02.23	EUROPCUP	Edward Edeardsson,ISL
2:02.30	EUROPCUP	Geurgui Mihalev,BUL
2:02.54	SWESCJAN	Hans Fredin,SWE
2:02.66	CIAUMAR	Gary VanderMeulen,CAN
2:02.71	AUSWINTR	Peter Berndt,UN
2:02.76	ESSONOV	Sandy Goss,CAN
2:02.86	SWESCJAN	Oscar Georgii,SWE
2:03.44	HOLSCFEB	Petro Stalman,HOL
2:03.49	POLvsROM	Zbig Januszkiewicz,POL
2:03.52	GDRCHMPS	Kai Sprossig,GDR
2:04.05	ITASC	Andrea Santi,ITA
2:04.07	AUSWINTR	Andrew DeVries,AUS

100 METRES BREASTSTROKE
Rec:1:00.30 R.Beab,FRG,86

1:00.30	FRGSCFEB	Rolf Beab,FRG
1:01.30	HOLNOV	Ron Dekker,HOL
1:01.34	AUSWINTR	Brett Stocks,AUS
1:01.39	EUROPCUP	Gianni Minervini,ITA
1:01.39	ARENAFEB	Bert Goebel,FRG
1:01.45	ASAMAR	Adrian Moorhouse,GBR
1:01.60	FRGSCFEB	Peter Lang,FRG
1:01.66	ARENAFEB	Gerald Morken,FRG
1:01.75	ARENAFEB	Dimitri Volkov,URS
1:01.75	ITASC	Marco Del Prete,ITA
1:01.96	ITASC	Andrea Cecchi,ITA
1:02.04	ITASC	Lorenzo Carbonari,ITA
1:02.34	SWESCJAN	Peter Berggren,SWE
1:02.61	GDRCHMPS	Ralf Buttgereit,GDR
1:02.66	ARENAFEB	Michael Muntjes,FRG
1:03.10	FRGSCFEB	Carsten Hoffmann,FRG
1:03.11	ESSONOV	Victor Davis,CAN
1:03.14	EUROPCUP	Eduard Klimentiev,URS
1:03.14	ARENAFEB	Gary Watson,GBR
1:03.16	ITASC	Piero Voltan,ITA
1:03.22	ESSONOV	Rob Chernoff,CAN
1:03.25	ESPSCMAR	Ramon Camallonga,ESP
1:03.29	ITASC	Piero Tenderini,ITA
1:03.30	FRGSCFEB	Jurgen Gratzki,FRG
1:03.36	SWESCJAN	Jan Stensson,SWE

200 METRES BREASTSTROKE
Rec:2:09.81 V.Davis,CAN,84

2:13.78	EUROPCUP	Josef Szabo,HUN
2:13.81	GDRCHMPS	Ralf Buttgereit,GDR
2:14.05	AUSWINTR	Brett Stocks,AUS
2:14.34	ITASC	Marco Del Prete,ITA
2:14.50	ARENAFEB	Bert Goebel,FRG
2:15.13	ASAMAR	Adrian Moorhouse,GBR
2:15.17	ARENAFEB	Dimitri Volkov,URS
2:15.31	ARENAFEB	Alex Baumann,CAN
2:15.50	FRGSCFEB	Rolf Beab,FRG
2:15.87	ITASC	Andrea Cecchi,ITA
2:16.03	FRAINTER	Thierry Pata,FRA
2:16.08	ESSONOV	Victor Davis,CAN
2:16.10	FRGSCFEB	Carsten Hoffmann,FRG
2:16.43	ITADEC	Lorenzo Carbonari,ITA
2:16.53	ESSONOV	Nick Gillingham,GBR
2:16.67	ROSTNOV	Enrico Muller,GDR
2:16.69	POLSCJAN	Zbigniew Olejnik,POL
2:16.79	EUROPCUP	Eduard Klimentiev,URS
2:16.80	FRGSCFEB	Frank Bahr,FRG
2:17.01	CIAUMAR	Serge Score,CAN
2:17.05	ARENAFEB	Detlef Stockigt,FRG
2:17.15	SWESCJAN	Peter Berggren,SWE
2:17.19	ESSONOV	Rob Chernoff,CAN
2:17.27	SWESCJAN	Anders Peterson,SWE
2:17.34	EUROPCUP	Marcello Saporiti,ITA

100 METRES BUTTERFLY
Rec:0:52.90 M.Gross,FRG,84

0:53.40	FRGSCFEB	Michael Gross,FRG
0:53.97	ARENAFEB	Marcel Gery,TCH
0:53.98	ARENAFEB	Jan Larsen,DEN
0:54.06	ESSONOV	Tom Ponting,CAN
0:54.27	HOLSCFEB	Frank Drost,HOL
0:54.39	SWESCJAN	Mikael Holmertz,SWE
0:54.40	ARENAFEB	Rene Schaffgans,FRG
0:54.50	FRGSCFEB	Kersten Petry,FRG
0:54.75	EUROPCUP	Benny Nielsen,DEN
0:54.80	HOLSCFEB	Gerard de Kort,HOL
0:54.93	ESSONOV	Vlastimil Cerny,CAN
0:54.93	EUROPCUP	Thomas Buchholz,FRG
0:54.94	ITASC	Fabrizio Rampazzo,ITA
0:55.10	FRGSCFEB	Frank Henter,FRG
0:55.10	FRGSCFEB	Miloslav Rolko,FRG
0:55.12	SWESCFEB	Thomas Dressler,GDR
0:55.23	NZLWINTR	Anthony Mosse,NZL
0:55.26	GDRCHMPS	Karsten Drobny,GDR
0:55.30	AUSWINTR	Anthony McDonald,AUS
0:55.30	CIAUMAR	Nick Hodgson,GBR
0:55.32	FRAWINTR	Bruno Gutzelt,FRA
0:55.32	ITASC	Giovanni Franceschi,ITA
0:55.33	ESPSCMAR	Harri Garmendia,ESP
0:55.35	FRAINTER	Theophile David,SUI
0:55.51	EUROPCUP	Sergei Garro,URS

200 METRES BUTTERFLY
Rec:1:54.78 M.Gross,FRG,85

1:56.49	AUSWINTR	Tom Ponting,CAN
1:56.90	FRGSCFEB	Michael Gross,FRG
1:58.44	HOLSCFEB	Frank Drost,HOL
1:58.87	ESPSCMAR	Harri Garmendia,ESP
1:59.46	EUROPCUP	Marcel Gery,TCH
1:59.68	ARENAFEB	Jan Larsen,DEN
1:59.73	GDRCHMPS	Karsten Drobny,GDR
1:59.77	GDRCHMPS	Ralk Hannemann,GDR
1:59.78	HOLSCFEB	Gerard de Kort,HOL
1:59.87	EUROPCUP	Rene Schaffgans,FRG
1:59.87	CIAUMAR	Jon Kelly,CAN
1:59.98	ESSONOV	Vlastimil Cerny,CAN
2:00.04	CIAUMAR	Nick Hodgson,GBR
2:00.20	FRGSCFEB	Carsten Hoffmann,FRG
2:00.41	DENDEC	Benny Nielsen,DEN
2:00.56	SWESCFEB	Jan Bidrman,SWE
2:00.61	AUSWINTR	Anthony McDonald,AUS
2:00.90	FRGSCFEB	Ralf Diegel,FRG
2:00.97	ITASC	Roberto Cassio,ITA
2:01.03	ROSTNOV	Thomas Korber,GDR
2:01.12	FRAWINTR	Robert Pinter,ROM
2:01.15	ARENAFEB	Vadim Yaroshuk,URS
2:01.20	GBRSC	Tim Jones,GBR
2:01.25	FRAWINTR	Bruno Gutzelt,FRA
2:01.52	RUNSCCUP	Josef Szabo,RUN

200 METRES IND.MEDLEY
Rec:1:58.51 A.Baumann,CAN,84

1:59.03	ARENAFEB	Alex Baumann,CAN
2:00.89	ARENAFEB	Peter Bermel,FRG
2:00.90	ROSTNOV	Ralk Hannemann,GDR
2:01.18	EUROPCUP	Josef Hladky,TCH
2:01.59	ITASC	Roberto Cassio,ITA
2:01.75	ITASC	Giovanni Franceschi,ITA
2:01.86	SWESCJAN	Anders Peterson,SWE
2:02.14	FRAWINTR	Tamas Darnyi,HUN

TOM PONTING

2:02.17 FRAINTER Bruno Gutzeit,FRA
2:02.46 ROSTNOV Rainer Sternal,GDR
2:02.52 EUROPCUP Lorenzo Carbonari,ITA
2:02.60 FRGSCFEB Frank Hoffmeister,FRG
2:02.68 FRAWINTR Vadim Yaroshuk,URS
2:02.75 CIAUMAR Jon Kelly,CAN
2:02.86 FRAWINTR Josef Szabo,HUN
2:03.23 ITASC Andrea Cabiddu,ITA
2:03.48 AUSWINTR Peter Berndt,UN
2:03.60 FRGSCFEB Nicolay Klapkarek,FRG
2:03.79 ARENAFEB Ralf Diegel,FRG
2:04.02 AUSWINTR Mark Tewksbury,CAN
2:04.13 ESSONOV Deke Botsford,CAN
2:04.21 GDRCHMPS Mirko Erdmann,GDR
2:04.32 ESSONOV Rob Chernoff,CAN
2:04.60 FRGSCFEB Michael Hahn,FRG
2:04.80 ITADEC Luca Sacchi,ITA

400 METRES IND.MEDLEY
Rec:4:10.67 A.Baumann,CAN,84
4:13.36 EUROPCUP Josef Szabo,HUN
4:13.74 ARENAFEB Alex Baumann,CAN
4:14.73 ITASC Roberto Cassio,ITA
4:16.23 ARENAFEB Ralk Hannemann,GDR
4:16.50 FRAWINTR Tamas Darnyi,HUN
4:17.63 EUROPCUP Vadim Yaroshuk,URS
4:17.67 ARENAFEB Peter Bermel,FRG
4:18.96 ARENAFEB Ralf Olegel,FRG
4:19.26 SWESCJAN Stefan Persson,SWE
4:19.40 EUROPCUP Josef Hladky,TCH
4:19.70 CIAUMAR Jon Kelly,CAN
4:20.84 ITASC Luca Sacchi,ITA
4:20.90 FRGSCFEB Michael Gross,FRG
4:21.68 VICSCJUL Rob Woodhouse,AUS
4:22.09 SWESCJAN Anders Peterson,SWE
4:22.19 ESSONOV Deke Botsford,CAN
4:22.20 ITASC Maurizio Divano,ITA
4:23.54 AUSWINTR Steven Clark,AUS
4:23.58 ESSONOV Mike Meldrum,CAN
4:23.82 ESSONOV Rob Chernoff,CAN
4:23.84 SWESCJAN Jan Bidrman,SWE
4:23.92 ARENAFEB Stephen Poulter,GBR
4:24.02 AUSWINTR Gary Barclay,AUS
4:24.64 ESSONOV Frederic Chalut,CAN
4:24.77 POLvsROM Jaroslaw Chroscielewski,POL

4X100 M MEDLEY RELAY
Rec:3:39.82 Soviet Union,SOV,82
3:41.42 EUROPCUP Fed.Rep.Germany,FRG
3:43.82 EUROPCUP German Dem.Republic,GDR
3:44.26 EUROPCUP Soviet Union,URS
3:44.56 EUROPCUP Czechoslovakia,TCH
3:45.46 EUROPCUP Holland,HOL
3:45.76 FRAWINTR France,FRA
3:46.19 FRAWINTR Sweden,SWE
3:47.45 FRAINTER Dauphins Toulouse,FRA
3:48.10 FRAINTER CN Marseille,FRA
3:48.31 EUROPCUP Italy,ITA

4X100 M FREE RELAY
Rec:3:16.11 United States,USA,78
3:19.51 EUROPCUP German Dem.Republic,GDR
3:19.92 EUROPCUP Fed.Rep.Germany,FRG
3:20.46 EUROPCUP Czechoslovakia,TCH
3:20.73 EUROPCUP Soviet Union,URS
3:21.43 SWESCJAN Upsala,SWE
3:21.91 SWESCJAN Karlskrona,SWE
3:22.67 SWESCJAN Motala SS,SWE
3:23.21 FRAWINTR France,FRA
3:23.47 AUSWINTR Canada,CAN
3:23.70 EUROPCUP Sweden,SWE

4X200 M FREE RELAY
Rec:7:05.17 Fed.Rep.Germany,FRG,86
7:05.17 ARENAFEB Fed.Rep.Germany,FRG
7:21.10 SWESCJAN Motala SS,SWE
7:22.97 HOLSCFEB AZPC,HOL
7:25.59 AUSWINTR Canada,CAN
7:27.25 SWESCJAN Upsala,SWE
7:27.60 CIAUMAR Univ.Calgary SC,CAN
7:27.77 CIAUMAR Univ.Victoria,CAN
7:27.83 SWESCJAN Malmo,SWE
7:28.64 SWESCJAN Karlskrona,SWE
7:30.14 SWESCJAN Vasteres,SWE

WOMEN

50 METRES FREESTYLE
Rec:0:25.28 C.Metschuk,GDR,82
0:25.60 HOLSCFEB Annemarie Verstappen,HOL
0:25.64 HOLSCFEB Denise Weerd,HOL
0:25.91 ARENAFEB Iris Zscherpe,FRG
0:26.00 SWESCJAN Agneta Eriksson,SWE
0:26.03 BARNET Marie-T. Armentero,SUI
0:26.11 CIAUMAR Pamela Ral,CAN
0:26.13 HOLSCFEB Wilma van Velsen,HOL
0:26.16 ARENAFEB Karin Seick,FRG
0:26.17 ROMCUP Tamara Costache,ROM
0:26.19 ARENAFEB Maija Airas,FIN
0:26.19 ITASC Silvia Persi,ITA
0:26.22 ARENAFEB Heike Friedrich,GDR
0:26.31 SWESCFEB Karen Konig,GDR
0:26.36 HOLSCFEB Karin Brienesse,HOL
0:26.39 AUSWINTR Andrea Nugent,CAN
0:26.39 ESSONOV Lori Melien,CAN
0:26.39 SWESCJAN Irene Asp,SWE
0:26.40 ARENAFEB Susanne Schuster,FRG
0:26.41 ARENAFEB Nicole Tabe,FRG
0:26.49 ARENAFEB Simone Will,FRG
0:26.51 ARENAFEB Christiane Pielke,FRG
0:26.53 SWESCJAN Kajsa Sjoberg,SWE
0:26.53 CIAUMAR Valerie McLeren,CAN
0:26.56 CIAUMAR Chantal Rouleau,CAN
0:26.58 HOLSCFEB Saskia Van de Kolk,HOL

100 METRES FREESTYLE
Rec:0:53.99 B.Meineke,GDR,83
0:54.94 HOLSCFEB Annemarie Verstappen,HOL
0:55.16 ARENAFEB Heike Friedrich,GDR
0:55.43 ARENAFEB Karin Seick,FRG
0:55.49 GDRCHMPS Kristin Otto,GDR
0:55.83 FRAWINTR Marie-T. Armentero,SUI
0:55.92 HUSTNOV Manuela Stellmach,GDR
0:55.92 GDRCHMPS Regina Dittmann,GDR
0:56.06 SWESCJAN Agneta Eriksson,SWE
0:56.18 ARENAFEB Susanne Schuster,FRG
0:56.23 FRAWINTR Sophie Kamoun,FRA
0:56.26 ROMCUP Tamara Costache,ROM
0:56.32 ITASC Silvia Persi,ITA
0:56.41 HOLSCFEB Ingrid Baars,HOL
0:56.51 GDRCHMPS Kerstin Kleigass,GDR
0:56.57 SWESCFEB Karen Konig,GDR
0:56.57 CIAUMAR Pamela Ral,CAN
0:56.63 ARENAFEB Iris Zscherpe,FRG
0:56.68 HOLSCFEB Saskia Van de Kolk,HOL
0:56.68 HOLSCFEB Jolanda de Rover,HOL
0:56.70 HOLNOV Karin Brienesse,HOL
0:56.70 GDRCHMPS Beatrice Georgi,GDR
0:56.79 ARENAFEB Sabine Schulze,GDR
0:56.86 ESSONOV Jane Kerr,CAN
0:56.86 FRAWINTR Elena Dendeberova,URS
0:56.87 ARENAFEB Marion Alzpors,FRG

200 METRES FREESTYLE
Rec:1:56.35 B.Meineke,GDR,83
1:56.43 ARENAFEB Heike Friedrich,GDR
1:57.75 HOLSCFEB Annemarie Verstappen,HOL
1:58.38 GDRCHMPS Astrid Strauss,GDR
1:59.02 GDRCHMPS Regina Dittmann,GDR
1:59.37 GDRCHMPS Nadja Bergknecht,GDR
1:59.41 ROSTNOV Manuela Stellmach,GDR
1:59.45 EUROPCUP Sarah Hardcastle,GBR
1:59.69 ROMCUP Stela Pura,ROM
1:59.75 HOLSCFEB Jolande van der Meer,HOL
2:00.06 ARENAFEB Katja Hartmann,GDR
2:00.26 ARENAFEB Anke Mohring,GDR
2:00.30 ROSTNOV Sybille Gerstenberger,GDR
2:00.51 SWESCJAN Agneta Eriksson,SWE
2:00.55 SWESCFEB Karen Konig,GDR
2:00.64 ITASC Tanya Vannini,ITA
2:00.70 FRGSCFEB Ina Beyermann,FRG
2:00.89 GDRCHMPS Beatrice Georgi,GDR
2:01.08 SWESCFEB Karin Seick,FRG
2:01.35 FRINTNOV Veronique Jardin,FRA
2:01.38 SWESCFEB Kerstin Kleigass,GDR
2:01.39 HOLSCFEB Ilse Oegema,HOL
2:01.54 ITASC Silvia Persi,ITA
2:01.60 ARENAFEB Susanne Schuster,FRG
2:01.60 HUNSCCUP Edit Ormos,HUN
2:01.67 WINJUL Michelle Pearson,AUS

400 METRES FREESTYLE
Rec:4:02.59 C.Woodhead,USA,78
4:04.48 EUROPCUP Astrid Strauss,GDR
4:04.96 EUROPCUP Sarah Hardcastle,GBR
4:05.36 ARENAFEB Heike Friedrich,GDR
4:05.65 ARENAFEB Katja Hartmann,GDR
4:08.07 GDRCHMPS Anke Mohring,GDR
4:08.16 FRAWINTR Heide Grein,GDR
4:08.40 FRAWINTR Stela Pura,ROM
4:09.43 EUROPCUP Elena Dendeberova,URS
4:10.58 RUSTNOV Sybille Gerstenberger,GDR
4:10.60 EUROPCUP Jolande van der Meer,HOL
4:10.68 ROSTNOV Nadja Bergknecht,GDR
4:10.83 ARENAFEB Tanya Vannini,ITA
4:11.92 SWESCJAN Suzanne Nilsson,SWE
4:12.93 AUSWINTR Georgina Parkes,AUS
4:13.37 ESSONOV Karen Mellor,GBR
4:13.41 ROSTNOV Regina Ulttmann,GDR
4:13.45 AUSWINTR Donna Procter,AUS
4:13.56 EUROPCUP Julia Leeek,FHG
4:13.68 AUSWINTR Donna McGinnis,CAN
4:13.95 WINJUL Anna McVann,AUS
4:14.16 GBRSC Ruth Gilfillan,GBR
4:14.28 WINJUL Michelle Pearson,AUS
4:14.31 ESSONOV Cathy Ritch,USA
4:14.43 ESSONOV Elissa Purvis,CAN
4:14.49 ARENAFEB Isabelle Arnould,BEL

800 METRES FREESTYLE
Rec:8:17.32 P.Schneider,GDR,82
8:20.38 EUROPCUP Astrid Strauss,GDR
8:21.96 ARENAFEB Katja Hartmann,GDR
8:27.55 EUROPCUP Sarah Hardcastle,GBR
8:29.24 GDRCHMPS Heide Grein,GDR
8:29.66 GDRCHMPS Anke Mohring,GDR
8:29.91 ROMCUP Stela Pura,ROM
8:33.32 ROMCUP Enikо Palencsar,ROM
8:33.34 AUSWINTR Anna McVann,AUS
8:33.52 EUROPCUP Jolande van der Meer,HOL
8:35.77 ARENAFEB Isabelle Arnould,BEL
8:35.89 AUSWINTR Donna Procter,AUS
8:36.31 FRAWINTR Karyn Faure,FRA
8:37.68 SWESCJAN Suzanne Nilsson,SWE
8:38.14 POCUP I Debbie Wurzburger,CAN
8:39.60 ARENAFEB Tanja Schwarz,FRG
8:40.20 FRAWINTR Monika Gyuro,HUN
8:40.39 AUSWINTR Susie Baumer,AUS
8:40.43 BCAGMAR Elissa Purvis,CAN
8:40.93 ROSTNOV Nadja Bergknecht,GDR
8:42.31 ROSTNOV Sybille Gerstenberger,GDR
8:43.16 ARENAFEB Tanya Vannini,ITA
8:43.41 GBRSC Ruth Gilfillan,GBR
8:43.42 FRAWINTR Karen Mellor,GBR
8:43.50 HUNSCCUP Rita Kovacs,HUN
8:43.95 ARENAFEB Birgit Kowalczik,FRG

1500 METRES FREESTYLE
Rec:15:43.31 P.Schneider,GDR,82
16:00.03 GBRSC Sarah Hardcastle,GBR
16:11.87 WINJUL Anna McVann,AUS
16:32.82 CANNES Nadia Krueger,SUI
16:35.96 WINJUL Rebecca McCabe,AUS
16:36.89 AUSWINTR Olanna Bova,AUS
16:44.14 AUSWINTR Kim Bowerman,AUS
16:50.59 WINJUL Julie McDonald,AUS
16:51.93 AUSWINTR Maura Connolly,AUS
16:56.20 CANNES Anne Chagnaud,FRA
17:01.89 WINJUL Michelle Gallen,AUS
17:05.23 WINJUL Rondi Davies,AUS
17:06.40 WINJUL Vicki Keene,AUS
17:06.40 AUSWINTR Keyleen Collins,AUS
17:10.95 CANNES Cecile Prunier,FRA
17:13.80 AUSWINTR Julia Burns,AUS
17:14.24 AUSWINTR Jackie Robinson,AUS
17:15.18 WINJUL Celina Hardy,AUS

100 METRES BACKSTROKE
Rec:0:59.97 K.Otto,GDR,83
1:01.19 ARENAFEB Birte Weigang,GUR
1:01.51 ARENAFEB Kathrin Zimmermann,GDR
1:02.14 ARENAFEB Svenja Schlicht,FHG
1:02.15 ROMCUP Anca Patrascoiu,ROM
1:02.36 ROMCUP Carmen Bunaciu,ROM
1:02.37 ITASC Manuela Carosi,ITA
1:02.59 HOLSCFEB Jolanda de Rover,HUL
1:03.10 FHGSCFEB Susanne Eckert,FHG
1:03.11 AUSWINTR Georgina Parkes,AUS
1:03.20 ITASC Lorenza Vigarani,ITA
1:03.34 GDRCHMPS Marion Sperka,GDR
1:03.40 FRAWINTR Sybille Gerstenberger,GDR
1:03.45 ARENAFEB Marion Aizpors,FHG
1:03.56 HUSTNOV Cornelia Sirch,GDR
1:03.64 ESSONUV Heema Abdo,CAN
1:03.85 AUSWINTR Sylvia Hume,NZL
1:03.86 HOLSCFEB Brigitte van der Lans,HOL
1:04.00 AUSWINTR Julie McDonald,AUS
1:04.10 HUNSCCUP Katalin Viragh,HUN
1:04.12 ESSONUV Simone Hindmarch,CAN
1:04.16 YUGMAR Darla Alaut,YUG
1:04.18 ARENAFEB Barbara Witt,FRG
1:04.19 CIAUMAR Barb McBain,CAN
1:04.20 SWESCJAN Anna-K. Eriksson,SWE
1:04.34 BARNET Beverley Rose,GBR

200 METRES BACKSTROKE
Rec:2:07.74 C.Sirch,GDR,83
2:09.93 GDRCHMPS Kathrin Zimmermann,GDR
2:11.09 RUSTNUV Cornelia Sirch,GDR
2:11.86 ARENAFEB Svenja Schlicht,FRG
2:13.41 ROMCUP Anca Patrascoiu,ROM
2:13.96 RUSTNUV Birte Weigang,GDR
2:14.35 GDRCHMPS Marion Sperka,GDR
2:14.40 HOLNOV Jolanda de Rover,HOL
2:14.41 FRAWINTR Sybille Gerstenberger,GDR
2:14.61 AUSWINTR Georgina Parkes,AUS
2:14.69 HOSTNOV Camilla Olsson,SWE
2:14.97 ITASC Manuela Carosi,ITA
2:15.03 ITASC Lorenza Vigarani,ITA
2:15.54 FRAWINTR Monika Gyuro,HUN
2:15.58 EUROPCUP Katharine Read,GBH
2:15.74 ESSONUV Lea Loveless,USA
2:15.81 SWESCJAN Anna-K. Eriksson,SWE
2:15.93 FRAWINTR Christine Magnier,FRA
2:16.02 ARENAFEB Susanne Eckert,FRG
2:16.16 FRAWINTR Noemi Lung,ROM
2:16.23 AUSWINTR Julie McDonald,AUS
2:16.27 ESSONOV Reema Abdo,CAN
2:16.89 YUGMAR Darla Alaut,YUG
2:17.27 NZLWINTR Sylvia Hume,NZL
2:17.35 HUNSCCUP Dora Varga,HUN
2:17.67 ARENAFEB Susanne Dahlstrom,SWE

100 METRES BREASTSTROKE
Rec:1:07.05 S.Horner,GDH,86
1:07.05 ARENAFEB Silke Horner,GDR
1:07.90 EUROPCUP Sylvia Gerasch,GUR
1:08.28 EUROPCUP Pascaline Louvrier,FRA
1:09.03 SWESCJAN Annelie Holmstrom,SWE
1:09.40 BULTRLS Tania Bogomilova,BUL
1:09.48 GDRCHMPS Susanne Bornike,GDR
1:09.58 ARENAFEB Xiaomin Huang,CHN
1:09.88 FRAWINTR Svetlana Kuzmina,URS
1:10.11 ESSONUV Allison Higson,CAN
1:10.13 ARENAFEB Ingrid Lempereur,BEL
1:10.21 ARENAFEB Manuela Dalla Valle,ITA
1:10.41 FRAWINTR Alicja Peczak,POL
1:10.50 HOLNOV Petra Hillenius,HUL
1:10.58 ARENAFEB Ute Hasse,FHG
1:10.68 ESSONOV Suki Brownsdon,GBR
1:10.68 ITASC Alessandra Zambruno,ITA
1:10.84 HOLSCFEB Linda Moes,HUL
1:10.94 SCOSCDEC Jean Hill,GBR
1:11.10 FRGSCFEB Karin Schwarz,FRG
1:11.18 HUSTNOV Annett Rex,GDR
1:11.27 FRAWINTR Larisa Moreva,URS
1:11.34 GDHCHMPS Franziska Zietemann,GDR
1:11.34 ITASC Simona Brighetti,ITA
1:11.50 FHGSCFEB Brigitte Hageluken,FRG
1:11.51 ESSONUV Guylaine Cloutier,CAN

200 METRES BREASTSTROKE
Rec:2:25.71 S.Horner,GDH,86
2:25.71 ARENAFEB Silke Horner,GDH
2:27.56 GDRCHMPS Susanne Bornike,GDR
2:27.60 FHAINTER Pascaline Louvrier,FRA
2:28.48 ARENAFEB Larisa Moreva,URS
2:28.69 ROSTNOV Sylvia Gerasch,GUR
2:28.71 ARENAFEB Ingrid Lempereur,BEL
2:28.98 EUROPCUP Tania Bogomilova,BUL
2:29.75 ARENAFEB Xiaomin Huang,CHN
2:29.84 FRAWINTR Svetlana Kuzmina,URS
2:29.87 SWESCJAN Annelie Holmstrom,SWE
2:30.68 GDRCHMPS Franziska Zietemann,GDR
2:30.72 ASAMAR Gaynor Stanley,GBR
2:31.28 ESSONOV Suki Brownsdon,GBR
2:31.58 ITASC Laura Oustio,ITA
2:31.60 ESSONUV Dominique Roussy,CAN
2:31.68 POLSCJAN Alicja Peczak,POL
2:32.04 ITASC Alessandra Zambruno,ITA
2:32.10 ESSONOV Allison Higson,CAN
2:32.55 SWESCJAN Asa Hedlund,SWE
2:33.08 URUINTR Ailcia Boscatto,ARG
2:33.10 HOLNOV Petra Hillenius,HOL
2:33.18 POLvsROM Dorota Chylak,POL
2:33.30 FHGSCFEB Karin Schwarz,FRG
2:33.39 SWESCJAN Helena Kalvehed,SWE
2:33.43 ESSONUV Guylaine Cloutier,CAN

100 METRES BUTTERFLY
Rec:0:58.91 M.T.Meagher,USA,81
0:59.35 GDHCHMPS Kornelia Gressler,GDR
1:00.18 ARENAFEB Birte Weigang,GDR
1:00.73 FRAWINTR Tatiana Kurnikova,URS
1:00.95 ITASC Ilaria Tocchini,ITA
1:01.05 AUSWINTR Janet Tibbits,AUS
1:01.20 HOLNOV Annemarie Verstappen,HOL
1:01.60 ARENAFEB Karin Seick,FRG
1:01.79 CIAUMAR Pamela Ral,CAN
1:01.87 AUSWINTR Celina Hardy,AUS
1:01.88 HOMCUP Carmen Bunaciu,ROM
1:02.02 GDHCHMPS Kristin Otto,GDR
1:02.10 HOLNOV Ingrid Baars,HOL
1:02.39 ITASC Monica Magni,ITA
1:02.40 HOLNOV Judith Anema,HUL
1:02.40 FRAWINTR Agneta Eriksson,SWE
1:02.43 BARNET Caroline Foot,GBR
1:02.50 SWESCJAN Annelie Holmstrom,SWE
1:02.62 SWESCJAN Annio Edenholm,SWE
1:02.62 GDRCHMPS Grit Sykora,GDR
1:02.67 ITASC Manuela Carosi,ITA
1:02.72 EUROPCUP Bente Rist,NOR
1:02.84 ESSUNOV Donna McGinnis,CAN
1:02.85 ARENAFEB Sabine Schulze,GDR
1:02.88 ARENAFEB Katja Kumpf,FRG
1:02.89 ESSONUV Robin Rugglero,CAN

200 METRES BUTTERFLY
Rec:2:05.65 M.T.Meagher,USA,81
2:09.30 GDRCHMPS Kornelia Gressler,GDR
2:11.68 GDRCHMPS Birte Weigang,GDR
2:12.07 AUSWINTR Donna McGinnis,CAN
2:12.29 AUSWINTR Celina Hardy,AUS
2:12.48 ARENAFEB Tatiana Kurnikova,URS
2:12.67 ARENAFEB Stela Pura,ROM
2:13.39 HOLSCFEB Judith Anema,HUL
2:13.67 ARENAFEB Ina Beyermann,FRG
2:13.83 ITASC Ilaria Tocchini,ITA
2:14.15 SWESCJAN Eva Jonasson,SWE
2:14.32 GDRCHMPS Sabine Gantzkow,GDR
2:14.50 GBTRSNOV Helen Bewley,GBR
2:14.80 CIAUMAH Suki Brownsdon,GBR
2:14.97 AUSWINTR Dianne Mysllk,AUS
2:15.07 TCHSCFEB Jacqueline Zenner,GDR
2:15.71 EUROPCUP Elena Osadchuk,URS
2:15.72 ITASC Monica Olmi,ITA
2:16.18 ASAMAR Myra O'Fee,GBR
2:16.28 ITASC Ilaria Pilli,ITA
2:16.35 SWESCJAN Annio Edenholm,SWE
2:16.37 ITASC Roberta Lanzarotti,ITA
2:16.39 EUROPCUP Christien Pieterse,HOL
2:16.57 ARENAFEB Susanne Eckert,FHG
2:16.58 ITASC Monica Magni,ITA
2:16.61 AUSWINTH Karen Phillips,AUS

200 METRES IND.MEDLEY
Rec:2:10.60 P.Schneider,GDR,82
2:14.61 FRAWINTR Elena Dendeberova,URS
2:15.00 ARENAFEB Noemi Lung,ROM
2:15.23 GDRCHMPS Kathleen Nord,GDR
2:15.90 SWESCFEB Beatrice Georgi,GDR
2:15.94 RUSTNOV Susanne Bornike,GDR
2:15.99 HOLSCFEB Mildred Muis,HOL
2:17.25 CIAUMAR Suki Brownsdon,GBR
2:17.26 AUSWINTR Celina Hardy,AUS
2:17.31 EUROPCUP Natalia Karpinskala,URS
2:17.44 SWESCJAN Helena Kalvehed,SWE
2:17.45 ESSONOV Jane Kerr,CAN
2:17.67 CIAUMAR Karin Helmstaedt,CAN
2:17.69 EUROPCUP Birgit Schulz,FRG
2:17.87 ASAMAR Zara Long,GBR
2:17.88 ROSTNOV Cornelia Sirch,GDR
2:18.04 ITASC Ilaria Tocchini,ITA
2:18.11 SWESCJAN Anette Philipsson,SWE
2:18.20 SWESCJAN Malin Gustavsson,SWE
2:18.34 HOLSCFEB Marianne Muis,HOL
2:18.44 AUSWINTR Georgina Parkes,AUS
2:18.56 BARNET Sarah Hardcastle,GBR
2:18.62 ASAMAR Gaynor Stanley,GBR
2:18.92 ESSONOV Donna McGinnis,CAN
2:18.93 ARENAFEB Bente Rist,NOR
2:18.95 EUROPCUP Sonia Blagova,BUL

400 METRES IND.MEDLEY
Rec:4:33.44 T.Caulkins,USA,81
4:41.18 FRAWINTR Noemi Lung,ROM
4:44.32 ARENAFEB Elena Dendeberova,URS
4:45.26 ROSTNOV Kathleen Nord,GDR
4:45.91 BARNET Sarah Hardcastle,GBR
4:46.68 ARENAFEB Birgit Schulz,FRG
4:46.93 AUSWINTR Celina Hardy,AUS
4:47.29 SWETRS Sofia Kraft,SWE
4:47.67 ESSONOV Gaynor Stanley,GBR
4:49.25 WINJUL Georgina Parkes,AUS
4:49.73 AUSWINTR Donna McGinnis,CAN
4:49.78 CIAUMAR Suki Brownsdon,GBR
4:49.86 FRAWINTR Roberta Felotti,ITA
4:49.87 HOLSCFEB Mildred Muis,HOL
4:50.16 ROSTNOV Susanne Bornike,GDR
4:50.28 FRTRSDEC Christine Magnier,FRA
4:50.50 FRGSCFEB Svenja Schlicht,FRG
4:50.90 SWESCJAN Anette Philipsson,SWE
4:51.40 HOLNOV Jolanda de Rover,HOL
4:51.41 GDRCHMPS Katrin Buhler,GDR
4:52.11 HUNSCCUP Ildiko Walter,HUN
4:52.43 SCUSCDEC Jean Hill,GBR
4:52.45 GDRCHMPS Sabine Gantzkow,GDR
4:52.46 AUSWINTH Catherine McMahon,AUS
4:52.69 CIAUMAR Karin Helmstaedt,CAN
4:52.79 AUSWINTR Karen Phillips,AUS

4X100 M MEDLEY RELAY
Rec:4:02.85 German Dem.Rep.,GDR,83
4:05.85 EUROPCUP German Dem.Republic,GDR
4:10.96 EUROPCUP Holland,HOL
4:12.03 EUROPCUP Italy,ITA
4:12.55 EUROPCUP Fed.Rep.Germany,FRG
4:14.93 EUROPCUP Sweden,SWE
4:16.66 HOLSCFEB De Dolfijn,HOL
4:17.18 SWESCJAN Stockholmspollsens,SWE
4:18.25 POLvsROM Romania,ROM
4:19.27 FRAWINTH France,FRA
4:19.35 HOLSCFEB HPC,HOL

4X100 M FREE RELAY
Rec:3:41.74 German Dem.Rep.,GDR,83
3:43.43 EUROPCUP German Dem.Republic,GDH
3:44.29 EUROPCUP Fed.Rep.Germany,FHG
3:46.29 EUROPCUP Holland,HOL
3:46.95 AUSWINTH Aust.Inst.Sport,AUS
3:48.18 FRAWINTR Sweden,SWE
3:49.69 FRAWINTR France,FRA
3:49.82 HOLSCFEB Dedemsvaart AC,HOL
3:49.98 EUROPCUP Italy,ITA
3:50.24 SWESCJAN Kristianstads,SWE
3:52.62 FRAWINTR Switzerland,SUI

4X200 M FREE RELAY
Rec:7:58.74 United States,USA,81
8:19.12 SWESCJAN Kristianstads,SWE
8:22.23 AUSWINTR Wales SC,AUS
8:23.05 AUSWINTR Queensland,AUS
8:24.79 SWESCJAN Malmo,SWE
8:26.47 SWESCJAN Helsingborgs,SWE
8:26.90 SWESCJAN Simavd.U2,SWE
8:28.55 SWESCJAN Sparvagen,SWE
8:29.32 FRAINTER CS Clichy,FRA
8:29.93 SWESCJAN Vasteras,SWE
8:30.01 POCUP I London Y,CAN

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COACH WANTED

RED DEER CATALINA SC

Red Deer Catalina Swim Club is accepting applications for a head coaching position to commence August 1, 1986. Club membership is approximately 50 competitive swimmers from novice to national level with an age range of 7 to 15 years of age.

Training facilities include; 6-lane 25-metre pool, 5-lane 25-metre pool, and an outdoor 6-lane 50-metre pool. Basic weight training equipment available.

Red Deer is a city of 50,000 people located in central Alberta half-way between Calgary and Edmonton. There is a college with expanding programs and eventually new pool facilities.

Applicants must have Level II NCCP with previous coaching experience essential. Our aim is to rebuild, develop long range plans for all our age group swimmers with consistent motivational/incentive plan to enhance the competitive spirit and swimmers potential.

Send resume, along with an outline of coaching philosophy with references. Salary negotiable $22,000 plus. Deadline for applications: July 8, 1986. Send resume to:

Red Deer Catalina SC
Box 573,
Red Deer, Alberta
T4N 5G1

SUMMERLAND OTTERS

We are presently accepting applications for the position of head coach for the 1986-87 season.

This is a part-time position starting September 1, 1986. Our club has 40 swimmers ranging from novice to sub-junior national level. Our facility is a 25-metre, 6-lane pool with 17 hours a week of training time.

Send resume and references including salary expectations to:

Michael Palmer,
President SOSC
P.O.Box 1553
Summerland, B.C.
V0H 1Z0

SCARBOROUGH SWIM CLUB

Scarborough Swim Club requires the services of an assistant coach. The club has approximately 200 swimmers from novice to national level. This is an excellent opportunity to become part of a progressive swim club.

Send resume, including salary expectations to:

Brian Punchard,
69 Acheson Blvd.
Scarborough, Ontario
M1C 3V4
or phone: (416)282-7015

TRURO CENTURIONS

Truro Centurions are accepting applications for the position of head coach for the 1986-87 season.

This is a full-time position commencing September 1986. The club has a membership of 50-60 swimmers ranging from novice to national level. Experience with computers would be an asset. Our facility is a 25-metre, 6-lane pool and current weekly training time is 13 hours.

Send resume and references with salary expectations to:

Linda Selig,
RR # 2
Truro, Nova Scotia
B2N 5B1
or phone: (902)895-2395

REGION OF WATERLOO SC

The Region of Waterloo (ROW) Swim Club will receive applications for the position of head coach up to May 31, 1986. We are seeking an experienced individual to meet the challenge of running one of Canada's top clubs.

ROW currently has over 250 members from novice to the international level, as well as a Masters program. This is a full-time position. ROW also has a full-time assistant Head Coach, 10 part-time coaches and a half-time secretary.

The club uses a 50-metre 6-lane pool at Wilfrid Laurier University, as well as two other 25-metre pools in Kitchener.

Send resume, stating accomplishments, references, and salary expectations to:

Kevin Higgins, President
Region of Waterloo Swim Club
7 Red Maple Place
Kitchener, Ontario
N2N 1P9

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1986

COMPETITIVE SWIMMING	CAMPS No.1 Monday, June 30 – Friday, July 4, 1986 CAMPS No.2 Monday, July 7th – Friday, July 11th, 1986 CAMPS No.3 Monday, July 14th – Friday, July 28th, 1986
CAMP FEATURES	Two training sessions daily, stroke technique. Training procedures, starts and turns, video. Land conditioning, tests and assesments, Talent identification, chalk talks and films. Daily program: 8:00 a.m. – 5:00 p.m.
CAMP FEES	CAMPS No.1, 2 or 3 (one week only) $85.00 CAMPS No.1 and 3 or 2 and 3 (two weeks) $130.00 CAMPS No.1, 2 and 3 (three weeks) $180.00 Excluding residential costs
RESIDENCES	Supervised residences at the University Halls are available on a single or double occupancy basis.
SWIM MEET	**6th Annual Golden Bear Age Group Summer Club Invitational Swi Meet** – *Saturday, July 14, 1986*
CAMP DIRECTOR	Dr.John Hogg, Office phone: (403) 432-5910
FOR FURTHER INFORMATION WRITE:	SWIM CAMP DIRECTOR Department of Athletic Services, University of Alberta Edmonton, Alberta, T6G 2H9 or phone: (403) 432-3365 Camp Office

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PARTICIPATING CLUBS 52

AQUA	Richmond Aquanauts	48
CAGRA	CA Grand-Riviere-Aylmer	9
CASC	Cascade Swim Club	32
CATS	Grillia Channel Cats	11
CHENA	Chena Swim Club	4
CNCB	CN Competition Beauport	17
CNL	CN Lorettevillo	2
CRSA	Cap Rouge-St.Augustin	7
CTSC	Cranbrook Triton SC	24
DAST	Duncan Swim Team	3
DCSC	Dartmouth Crusaders	22
DH	Dauphins de Hull	6
DOG	Dollard Swim Team	22
ESC	Etobicoke Swim Club	75
FMSC	Ft.McMurray Swim Club	26
GO	Gouc-Ottawa Kingfish	20
HFAC	Halifax Trojans	13
HYACK	Hyack Swim Club	6
LEVY	Levy-Riverains	11
LDNR	Dauphins Rouyn-Noranda	15
LYAC	London Y Aquatic Club	25
KEETA	Keeseita Swim Club	5
KMAC	Kitwat Marlins	1
MANTA	Manta Aquatic Club	8
MM	Manitoba Marlins	13
NYAC	North York AC	58

TOTAL PARTICIPANTS 924

OAK	Oakville Aquatic Club	22
OSC	Olympian Swim Club	20
OSPA	Optimist Sprites	6
PCMSC	Pictou County Mariners	13
PCSC	Pointe Claire SC	79
PCM	Piscine Olympique Mtl.	12
PMTAC	Pt.Hawkesbury Thunderbolts	3
RDCSC	Red Deer Catalinas	16
ROD	Regina Opt.Dolphins	25
ROW	Region of Waterloo	53
SCAR	Scarborough Swim Club	45
SCMSC	Swift Current McDonalds	9
SD	Selkirk Dolphins	3
SEASC	Seaway City Swim Club	2
SL	CN St-Lambert	10
SPART	Chilliwack Spartans	11
SSC	Stettler Swim Club	13
TBSS	Terrace Bluebacks	7
TNT	Thompson Northern Torped.	6
TSUN	Tsunami Swim Club	1
UCSC	Univ.Calgary Swim Club	24
WAC	Windsor Aquatic Club	22
WISC	Whitby Iroquois SC	12
WVOSC	West Vancouver Otters	12
TLSC	Saskatoon T Laser SC	12
YORK	York Swim Club	3

GIRLS 7 & UND 200 M FREESTYLE
Rec:2:55.04 O.Wu,AQUA,85
3:25.50 Jenece Hayden,SSC
3:30.60 Pia Larsen,AQUA
3:32.89 Angelina Wood,PCSC
3:38.80 Sylvie Gagne,CNCB
3:50.20 Shawna Campbell,PCSC
3:56.84 Kelly Boyle,PCSC
4:02.74 Julie Bilteen,PCSC
4:04.80 Maia Troide,PCSC
4:05.00 Laura Nicolls,ROW
4.08.20 Mindy Cournoyer,OSPA
4:11.86 Tara McKay,PCSC
4:16.10 Malone Kristy,OAK
4:16.90 Becky Sen,UCSC
4:20.90 John Patterson,ESC
4:28.50 Bettine Hess,ROW
4:36.20 Natara Shea,NYAC
4:38.50 Casey McKinnon,PCSC
4:43.56 Naina Paul,ESC
4:45.70 Natasha Shee,NYAC
4:47.10 Erica Gillies,KEETA
4:49.06 Kelly Galloway,ROW
5:04.27 Gail Luplen,CAGRA
5:04.73 Sarah Young,PCMSC
5:05.20 Jennifer McCarthy,KEETA
5:10.86 Candace Sepulis,ESC
5:14.70 Shemina Bhimani,NYAC
5:17.62 Lara Gurney,AQUA
5:17.80 Elizabeth Gregory,DOO
5:25.80 Arlane Gendron,LDNR
5:28.07 Nadine Schell,PCMSC
5:29.90 Katie O'Dwyer,ESC
5:37.05 Terri-A. Schwager,WAC
5:38.20 Leah Elkink,SCMSC
5:42.58 Rachel Kitson,WAC
5:51.22 Raila Gutman,AQUA
5:57.92 Meghen McComba,FMSC
5:59.09 Kim Snelling,AQUA
6:04.65 Natalie Zawadowsky,ESC
6:04.76 Katie Walkar,WAC
6:06.20 Annie Raymond,LDNR
6:08.19 Karen Copple,AQUA
6:17.00 Trilleen Slater,CTSC
6:30.29 Candace Gaylord,AQUA
6:35.14 Nicole Scott,AQUA
6:37.60 Lubka Nikolouski,SCAR
6:39.00 Jaro Johnston,ESC
7:11.65 Brenda Carberry,ESC
7:26.61 Elizabeth MacGillivary,PCM
7:53.30 Krista Schayen,RDCSC
10:11.50 Brook McMahon,CTSC
12:25.70 Karen Nevetta,RDCSC

GIRLS 8 - 400 M FREESTYLE
Rec:5:49.44 S.Sabo,OOO,83
6:19.40 Shannon McGee,CASC
6:20.45 Whitney Orr,AQUA
6:23.29 Kelly Sommerfeld,YLSC
6:27.00 Marie-J. Pineau,CNCB
6:27.70 Jodi Hindley,CASC
6:28.11 Stephanie Owen,AQUA
6:37.84 Molly Morrice,WISC
6:39.13 Rochelle English,PCMSC
6:44.70 Nadine Charron,DH
6:45.40 Stephanie Coughlan,CASC
6:45.70 Jocelyn Coxford,TBSS
6:47.20 Marla Merkley,SSC
6:50.20 Shannon Shakespeare,TNT
7:02.75 Dedra Vanasse,WAC
7:06.80 Stephanie Cooling,NYAC
7:07.70 Melissa Bateman,PCSC
7:15.00 Kelly Manchester,CASC
7:15.70 Jenny Poirier,PCSC
7:21.28 Jessica Krajicek,CHENA
7:26.20 Dawna Hicks,SCAR
7:29.80 Heather Bowen,OSC
7:31.10 Denise Power,NYAC
7:33.40 Chantal Carmichael,CNCB
7:38.00 Shona Kitson,WAC
7:39.43 Susan Furs,ESC
7:46.90 Sarah Naynor,OAK
7:56.20 Jennifer Heagy,SPART
7:57.60 Katy Secord,SEASC
7:57.80 Shauna Collins,ROO
7:58.29 Amanda Belfer,AQUA
7:59.60 Erin Seaman,ROO
7:59.90 Genvlave Comptois,PCSC
8:08.70 Raymonday Harris,PCSC
8:13.80 Stephanie McKay,WVOSC
8:13.90 Susan Crump,LYAC
8:16.10 Joanna Hazen,ODO
8:17.00 Jana Rizhanovsky,YLSC
8:19.60 Kristy Vandeplas,OAK
8:20.20 Rhiannon Leier,YLSC
8:23.30 Kelly Gunn,LYAC
8:27.00 Amber Taylor,SCMSC
8:30.40 Domanie Billinghurst,MANTA
8:33.90 Michelle Caswell,SSC
8:34.80 Meliza Belanger,LEVY
8:36.50 Laura Condlin,NYAC
8:41.00 Robyn Elliot,SCAR
8:43.20 Zoe McPhee,ROW
8:45.90 Marlastrud Urrutia,UCSC
8:47.20 Catharine Paleczny,ROW
8:48.00 Andreanne Bonin,CAGRA
8:49.12 Jennifer Button,FMSC
8:57.80 Sandra Maigler,LYAC
8:58.80 Lisa Granger,ODO
8:59.10 Renne Lato,NYAC
9:03.60 Krista Shaw,SPART
9:05.80 Meghan Majeski,UCSC
9:10.10 Carrie Stillings,OSC
10:05.70 Kate Goodz,OCSC
10:41.70 Jennifer Wood,ODO
10:57.03 Erin McAlpine,CAGRA

GIRLS 9 - 800 M FREESTYLE
Rec:10:47.19 S.Shewchuk,PCSC,84
11:23.68 Melanie Coople,AQUA
11:39.20 Suzie Murray,SO
12:06.00 Carrie Fowlie,NYAC
12:20.94 Kim Campbell,PCSC
12:33.60 Erin Steele,LYAC
12:36.80 Julie Grandmaison,CNL
12:49.50 Cary-L. Gillies,KEETA
12:52.42 Heidi Schmidt,PCSC
12:54.30 Kelly Sommerfeld,YLSC
12:55.80 Melanie Planta,CNCB
12:56.47 Jennifer Elder,AQUA
12:59.50 Chantal Garveau,LDRN
13:15.30 Trisha Demetriloff,MANTA
13:16.15 Jenny Mamillan,PCSC
13:17.20 Tracy Pasika,OSC
13:31.30 Stephanie Richardson,NYAC
13:44.00 Anne-M. McAlpine,CAGRA
13:47.00 Gwen Grubski,LEVY
13:49.62 Ursula Gurney,AQUA
13:51.18 Tara Brisson,DOO
13:53.33 Lisa Kennedy,WAC
14:02.50 Kelly Paradis,SEASC
14:14.30 Tracy Lee,ESC
14:14.90 Shauna Kulper,ROO
14:17.00 Carla Yonck,CASC
14:19.40 Kelly Pearce,TBSS
14:22.00 Katrie Desjardins,CAGRA
14:24.75 Amelie Major,DOO
14:25.88 Myna Norlega,HYACK
14:35.30 Debra Szabo,NYAC
14:43.30 Nicola Homenock,LYAC
14:47.30 Isabelle Lacasse,CNCB
15:00.21 Sarah Walker,WAC
15:00.41 Danielle Cole,ESC
15:01.40 Lindsay Kennedy,RDCSC
15:08.10 Caroline Ecker,NYAC
15:10.50 Tracy Telenko,OSC
15:14.30 Sara Parchello,OSPA
15:16.12 Mindy Bellingham,UCSC
15:20.60 Tamara Shifman,PCSC
15:26.40 Helena Griner,NYAC
15:38.00 Marshall Cindy,PCSC
15:39.80 Suzanna Dainty,WISC
15:44.00 Eve Gelinas,PCSC
15:46.70 Alexandra Mimeault,PCSC
15:52.43 Julie Dufour,CAGRA
15:58.80 Robin Fougera,DCSC
15:59.12 Julie Hutsebault,PCM
15:59.30 Karla Johnson,CTSC
16:10.10 Tarra Bayley,CTSC
16:14.90 Elizabeth Pallatt,WVOSC
16:26.30 Jennifer McLeod,ROW
16:30.01 Marie Whitty,AQUA
16:33.70 Sarah Duda,ROW
16:34.23 Tammie Low,AQUA
16:36.30 Carolyn Hudson,OAK
16:40.40 Leslie Cochran,OAK
16:43.66 Emily Hollatt,HTAC
16:52.30 Elizabeth David,DCSC
16:57.10 Cory Wall,LYAC

GIRLS 7 & UND 100 M IND MEDLEY
Rec:1:28.46 O.Wu,AQUA,85
1:38.40 Riley Mants,MANTA
1:46.80 Sylvie Gagne,CNCB
1:47.16 Angelina Wood,PCSC
1:48.40 Jennifer Henderson,TBSS
1:48.65 Pia Larsen,AQUA
1:54.90 Courtney Haley,GO
1:55.80 Jencae Hayden,SSC
1:56.67 Shawna Campbell,PCSC
1:58.08 Maja Troide,PCSC
2:00.43 Kelly Boyle,PCSC
2:03.10 Laura Nicolas,ROW
2:03.10 Erica Gillies,KEETA
2:05.80 Raina Paul,ESC
2:07.60 Mindy Cournoyer,OSPA
2:08.90 Julia Bilteen,PCSC
2:09.43 Lara Gurney,AQUA
2:10.36 Kim Snellings,AQUA
2:13.50 Bettina Hess,ROW
2:15.93 Tara McKay,PCSC
2:16.80 Becky Sen,UCSC
2:19.20 Kelly Galloway,ROW
2:21.18 Raila Gutman,AQUA
2:26.00 Elizabeth Gregory,DOO
2:26.55 Gail Luplen,CAGRA
2:27.90 Lubka Nikolouski,SCAR
2:29.30 Shemina Bhimani,NYAC
2:29.30 Natasha Shee,NYAC
2:30.60 Kelly Houston,MM
2:31.00 Candace Sepulis,ESC
2:31.20 Casey McKinnon,PCSC
2:35.29 Karen Copple,AQUA
2:37.00 Natara Shea,NYAC
2:38.56 Candace Gaylard,AQUA
2:40.23 Nicole Scott,AQUA
2:41.54 Rachel Kitson,WAC
2:42.00 Katie O'Dwyer,ESC
2:49.55 Katie Walker,WAC
2:59.10 Arlane Gendron,LDRN
3:04.00 Brenda Carbery,ESC
3:12.10 Annie Raymond,LDRN
3:35.99 Meghen McComba,FMSC
3:39.71 Terri-A. Schwager,WAC

GIRLS 8 - 100 M IND MEDLEY
Rec:1:27.52 O.Wu,AQUA,85
1:32.60 Shannon Shakespeare,TNT
1:34.21 Nadine Charron,OH
1:34.30 Marie-J. Pineau,CNCB
1:36.06 Kelly Sommerfeld,YLSC
1:38.61 Whitney Orr,AQUA
1:39.16 Melissa Bateman,PCSC
1:39.40 Molly Morrice,WISC
1:40.20 Jocelyn Coxford,TBSS
1:40.87 Jenny Poirier,PCSC
1:42.00 Rochelle English,PCSC
1:42.00 Jodi Hindley,CASC
1:43.80 Stephanie Cooling,NYAC
1:45.28 Stephanie Owen,AQUA
1:45.60 Shannon McGee,CASC
1:46.00 Stephanie Coughlan,CASC
1:46.28 Chantal Carmichael,CNCB
1:47.10 Dedra Vanasse,WAC
1:47.11 Shona Kitson,WAC
1:47.40 Denise Power,NYAC
1:47.50 Jennifer Heagy,SPART
1:48.10 Joelle Walker,TBSS
1:48.40 Dawna Hicks,SCAR
1:49.22 Jessica Krajicek,CHENA
1:51.19 Joanna Hazen,DOO
1:51.40 Marla Merkley,SSC
1:53.00 Heather Bowen,OSC
1:53.09 Genieve Comptois,PCSC
1:53.80 Susan Crump,LYAC
1:55.30 Shauna Collins,ROO
1:56.00 Kate Webber,GO
1:56.90 Sarah Raynor,OAK
1:57.90 Raymonday Harris,PCSC
1:58.10 Aimee Peacock,TBSS
1:58.60 Lisa Granger,ODO
1:58.77 Jill Parson,TSUN
1:59.70 Stephanie McKay,WVOSC
2:00.20 Arleigh Hryciko,MM
2:00.45 Andreanne Bonin,CAGRA
2:00.50 Meliza Belanger,LEVY
2:00.50 Kelly Manchester,CASC
2:00.72 Amanda Belfer,AQUA
2:00.80 Rhiannon Leier,YLSC
2:01.00 Shannon Clark,GO
2:01.40 Susan Furs,ESC
2:01.70 Molly Atkinson,CATS
2:01.72 Domaine Billinghurst,MANTA
2:03.70 Myriam Hamelin,CNCB
2:04.14 Robyn Elliott,SCAR
2:04.20 Elizabeth Gauthier,CNCB
2:04.50 Krista Shaw,SPART
2:04.70 Melissa Marlow,ESC
2:06.00 Erin Seaman,ROS
2:06.10 Jennifer Wood,DOO
2:06.20 Amber Taylor,SCMSC
2:06.30 Susan Bonmann,ROO
2:07.22 Kristy Vanderplas,OAK
2:07.50 Nichola Davies,UCSC
2:07.90 Kelly Gunn,LYAC
2:07.90 Sandra Maigler,LYAC
2:07.99 Jennifer Button,FMSC

GIRLS 9 - 200 M IND MEDLEY
Rec:2:51.30 A.Barriscale,KMAC,86
2:51.30 Allison Barriscale,KMAC
2:58.40 Sami-Jo Small,MM
2:59.10 Suzie Murray,SO
2:59.40 Trisha Demetriloff,MANTA
3:09.25 Melanie Copple,Aqua
3:09.75 Heidi Schmidt,PCSC
3:10.09 Erin Elde,MM
3:11.80 Melanie Hamel,LEVY
3:12.89 Kim Campbell,PCSC
3:15.01 Jenny Mamallan,PCSC
3:16.80 Tara Brisson,ODO
3:17.39 Melanie Planta,CNCB
3:17.57 Lisa Virgin,ODO
3:18.50 Sara Parchello,OSPA
3:18.50 Cary-L. Gillies,KEETA
3:18.50 Stephanie Richardson,NYAC
3:18.80 Carrie Fowlie,NYAC
3:20.60 Erin Steele,LYAC
3:22.68 Lisa Kennedy,WAC
3:22.80 Kelly Sommerfeld,YLSC
3:23.10 Carla Yonck,CASC
3:23.90 Anne-M. McAlpine,CAGRA
3:27.18 Jennifer Elder,AQUA
3:27.40 Kelly Pearce,TBSC
3:27.49 Robyn Groff,MM
3:28.77 Amelie Major,ODO
3:29.60 Debra Szabo,NYAC
3:29.61 Ursula Gurnay,AQUA
3:29.90 Vanessa Healy,CASC
3:30.41 Tracy Lee,ESC
3:30.70 Isabelle Lacasse,CNCB
3:31.60 Gwen Grubski,LEVY
3:34.34 Nicolas Down,PCSC
3:34.90 Catherine Guay,CRSA
3:35.30 Lindsay Kennedy,RDCSC
3:36.60 Tracy Pasika,OSC
3:39.00 Audrey Gagne,CNCB
3:39.80 Michelle Mo,CASC
3:41.60 Nicola Homenock,LYAC
3:46.10 Kelly Paradis,SEASC
3:46.40 Suzanne Dainty,WISC
3:46.71 Katrie Desjardins,CAGRA
3:47.10 Isabelle Cote,CRSA
3:47.31 Erin McKenzie,MM
3:47.60 Blanca Caron,CNCB
3:48.18 Marie Whitty,AQUA
3:48.60 Wendy Ekins,MM
3:48.70 Alexandra Mimeault,PCSC
3:48.90 Karla Johnson,CTSC
3:49.80 Tracy Talenko,OSC
3:51.30 Jennifer McLeod,ROW
3:51.55 Megan Flatt,MM
3:51.70 Caroline Ecker,NYAC
3:52.40 Tammy Low,AQUA
3:53.20 Eve Gelinas,PCSC
3:53.70 Kendra Coulter,MM
3:54.50 Helena Griner,NYAC

GIRLS 10 - 1500 M FREESTYLE
Rec:19:14.00 S.Shewchuk,PCSC,85
21:01.10 Wendy Holt,RDCSC
21:15.63 Nadine Wyjad,PCSC
21:18.17 Lori Esham,UCSC
21:19.97 Emily Spencer,PCSC
21:45.30 Catherine Seeback,ESC
22:12.00 Christina Courtemanche,OSC
22:25.20 Catherine Fatard,CRSA
22:26.44 Karl VanOeMosseleur,PCSC
22:27.80 Leanne Wilkinson,DAST
22:37.60 Chris Richardson,MANTA
22:42.90 Tracy Kosinski,NYAC
22:52.44 Kathy Elder,AQUA
23:07.18 Melanie Forest,PCSC
23:22.30 Christine Bourne,PCSC
23:39.50 Christa Schellenberg,PCSC
23:42.29 Raquel Chippett,WAC
23:55.74 Mary Stewart,PCSC
23:59.20 Ashley Elinski,OSC
24:01.00 Alicia Hicken,ESC
24:02.21 Josee Houle,POM
24:02.23 Joelle Houle,POM
24:04.00 Erin Saunders,CASC
24:11.90 Sonia Poulin,LEVY
24:16.20 Pam Noftall,PHTAC
24:23.33 Jennifer Bandringa,HYACK
24:27.90 Cheryl Clona,OSC
24:34.40 Matte Valerie,CRSA
24:38.90 Stephanie Martel,LDRN
24:41.70 Jenny Parawicki,YORK
24:41.70 Heidi Bruin,RDCSC
24:41.90 Megan Wall,SCAR
24:50.00 Sonia Sullivan,CASC
24:54.00 Sharla Stoffman,CASC
24:56.50 Marie-C. Dionne,CRSA
24:59.20 Ann-M. Power,NYAC
25:01.00 Susie Sewell,GO
25:02.00 Gerri-A. Leonard,GO
25:03.40 Carol Shewchuk,UCSC
25:09.90 Lisa Mayer,OSPA
25:21.90 Michelle Reinhart,UCSC
25:22.90 Jodi Tiefenbach,ROD
25:24.45 Heidi Smith,PCSC
25:36.50 Cheryl Bucharski,OSC
25:42.50 Charlotte Loaring,WAC
25:47.20 Lori Wood,DDO
25:52.50 Shelby Blaney,SSC
25:58.80 Gillian Richardson,NYAC
25:59.00 Kelly Stevens,GO
26:05.95 Nathalie Nadon,DH
26:10.00 Celeste McPhee,ROW
26:18.90 Anita Martin,ROD
26:21.72 Lindsey Eyles,OAK
26:43.30 Marley Windsor,ROD
26:45.34 Sara Stephenson,WVOSC
27:07.10 Rachel Hayward,ROD
27:08.70 Christine Major,SCMSC
27:12.40 Cathy DuFresne,LEVY
27:13.30 Audrey Gagne,CNCB
27:14.80 Teri McLellan,LYAC
27:19.20 Elizabeth Dickson,OSC

BOYS 7 & UNDER 200 M FREE
Rec:2:58.46 J.Yetman,AQUA,85
3:29.70 Kevin Richard,CNCB
3:29.90 Lindsey Smith,SSC
3:30.30 Joshua Kimmel,PCSC
3:30.50 Chad Christie,PCSC
3:31.00 Marc-A. Robin,CNCB
3:34.00 Jonathan Cantin,LEVY
3:39.00 Fraser Bourne,PCSC
3:41.20 Miska Gollner,PCSC
3:41.60 Mike Sandusky,LYAC
3:48.37 Christian Nadon,DH
3:54.75 Brad Bonaparte,PCMSC
3:56.80 Johnny Hewerdine,LYAC
4:04.69 Steven Lafleur,CAGRA
4:05.70 Kristian Shewchuk,PCSC
4:06.20 David Ormerod,OSPA
4:08.10 Paul McMillian,WVOSC
4:08.90 Mark Wyjad,PCSC
4:12.50 Jamie Sommerfeld,YLSC
4:12.69 Chris Beech,WAC
4:14.90 Michael McTaggart,OAK
4:15.30 Justin Wong,WVOSC
4:17.60 Christos Christopoulos,PCSC
4:20.90 John Patterson,ESC
4:21.81 Jeff Cowan,WAC
4:23.40 Alex Mamalian,PCSC
4:26.44 Darren Desrochers,YLSC
4:30.10 Patrick Goral,CASC
4:33.90 Erik Johnson,CTSC
4:34.00 Jesse Tucker,WVOSC
4:35.10 Mike Gibson,DCSC
4:39.30 Andrew Buller,UCSC
4:40.20 Blake Asselstine,WVOSC
4:41.00 Jason Chugh,DDO
4:42.00 Domenico Onesi,DDO
4:45.32 Nathan Fechtner,UCSC
4:47.60 Greg Gavan,CASC
4:48.10 Jonathan Mack,CASC
4:58.50 Brian Crockett,ESC
5:08.52 P.J. Hirst,WAC
5:17.60 Dylan Tilston,ESC
5:19.00 Andrew Nisker,LYAC
5:21.90 Jamie Wake,YLSC
5:24.09 Eric Chan,UCSC
5:25.00 M-Antoine Lussier,SL
5:25.01 Kyle Hnatyshen,ROW
5:26.80 Grant Spence,NYAC
5:27.30 Doug Brown,ROW
5:39.00 Jeremy Roycroft,CASC
5:41.20 Matthew Bourque,CASC
5:51.60 Jonathon Coleman,WVOSC
5:54.42 Nicholas Procyk,WAC
5:58.29 Brannen Bell,AQUA
5:58.31 Reid Hugh,AQUA
5:58.40 David Csecon,ROW
6:00.22 Kyle Allsharan,AQUA
6:14.82 Steven Carson,AQUA
6:15.03 Jacob Young,PCMSC
6:24.70 Noah Descza,ROW
6:31.25 Brian Whitty,AQUA
6:49.42 Blair Nelson,AQUA

BOYS 8 - 400 M FREESTYLE
Rec:5:22.65 O.Wake,YLSC,86
5:22.65 Doug Wake,YLSC
6:20.36 Jeff Omstead,AQUA
6:22.41 John Yetman,AQUA
6:29.40 Mike Smith,NYAC
6:43.18 Robert Pettifer,AQUA
6:43.30 Scott Argent,OSC
6:54.90 Jason Helm,ESC
6:55.90 Joel St Goddard,MANTA
7:00.70 Trevor Grieve,SCAR
7:01.03 Sandy Mark,WISC
7:05.60 Warren Smith,SSC
7:07.25 James Loaring,WAC
7:08.66 Ian Simpson,ESC
7:09.60 Francois Boisclair,CNCB
7:13.48 Michael McWha,WAC
7:19.30 Jake Russell,WVOSC
7:21.10 David Silva,AQUA
7:21.10 Stephen Gibson,DCSC
7:25.70 Steven Myden,CASC
7:29.86 Mark Binkley,ESC
7:29.90 Rajin Ahuja,OSPA
7:38.50 Keith Sutherland,OAK
7:39.10 Nathan Sutherland,OAK
7:39.32 Sean Sepulis,ESC
7:41.30 Daryl Sen,UCSC
7:44.30 Kori Betsalel,PCSC
7:46.60 Sebastien Belanger,PCSC
7:49.50 Robbie Guthrie,LYAC
7:49.90 Jonathan Schneider,ROD
7:50.80 Phillipe Bergeron,PCSC
7:51.80 Steven Curtis,NYAC
7:56.60 Jonathon Cescon,ROW
7:58.60 Craig Salahub,SSC
8:02.60 Owen Lepps,OSC
8:06.40 Chris Topham,PCSC
8:08.60 Dan Roberts,PCSC
8:09.20 Francois Bastien,PCSC
8:09.41 Tory Berger,AQUA
8:10.40 Paul Rowan,ESC
8:14.26 Richard Pietrusinski,AQUA
8:14.70 Anthony Bing,OSC
8:15.01 Danielle Lazzari,AQUA
8:16.50 Warren Konschuh,SSC
8:21.90 David Hales,LYAC
8:22.34 Jim Todhunter,CHENA
8:25.00 Stephene Baribault,CAGRA
8:27.01 Robert Perkins,YLSC
8:32.20 Frederic Boisland,LEVY
8:33.80 Andrew Doucet,PCSC
8:34.70 Matthew Lucas,CASC
8:37.00 Kevin Radke,UCSC
8:39.10 Chris Fraser,TNT
8:49.01 Frederic Sarrazin,POM
8:50.40 Jason Lee,OAK
8:50.90 Morgan Oyer,SPART
9:01.40 Sean Aucoin,PCSC
9:06.38 Chad Bannerholt,FMSC
9:08.10 Kris Thesen,FMSC
9:12.90 Rodrigo Meson,CASC
9:18.50 Jeremy Kawalecki,ROW

BOYS 9 - 800 M FREESTYLE
Rec:10:30.29 J.Funk,AQUA,86
10:30.29 Jason Funk,AQUA
11:12.17 Doug Wake,YLSC
11:29.88 Steve Jarvis,PCSC
11:47.70 Sebastien Caron,OH
11:48.14 Martin Hoehn,YLSC
11:59.92 Michael Wyjap,PCSC
12:05.00 Uldi Downar,NYAC
12:12.01 Michael Zitta,ESC
12:15.00 Sasha Dimitriu,ESC
12:15.00 Mishca Summerville,ESC
12:23.70 Charles Marchand,CRSA
12:26.90 Vincent Cheung,NYAC
12:28.30 Ben Tingley,ROD
12:38.76 Marek Hejduk,CHENA
12:47.80 Ian Ferguson,NYAC
13:03.10 Brian Andersen,ESC
13:04.10 Armagan Ozkan,ESC
13:13.30 Chad Tranter,NYAC
13:13.71 Matt Grier,PCSC
13:14.50 Russell Gavan,CASC
13:15.30 Cory Lucas,MANTA
13:23.60 Ben Alles,NYAC
13:28.40 Blake Winfield,ESC
13:29.40 Scott Yelle,ESC
13:33.83 Braxton Hicks,SCAR
13:35.90 Joshua Walker,SPART
13:37.32 J.J. Wong,HTAC
13:40.05 Matous Vorechousky,AQUA
13:47.10 Shawn Robertson,ESC
13:59.20 Peter Simovic,NYAC
14:01.40 Mike Smith,NYAC
14:02.80 Jason Betsalel,PCSC
14:05.90 Jason Scheyen,RDCSC
14:06.20 Jonathan Davis,ESC
14:06.70 Bob Hayes,SCAR
14:07.80 Matthew Leaker,CASC
14:12.01 Michael Sawa,ESC
14:16.38 Mark Pietrusinski,AQUA
14:20.00 Andrew Gill,PCSC
14:20.90 McKelvie Alex,PCSC
14:26.50 Patrick Nilya,PCSC
14:28.09 Martin Laycock,HTAC
14:32.55 Brent Cullen,DDO
14:32.60 Mark Dockery,PCSC
14:33.00 Brett Cameron,SSC
14:33.93 Jeremy Warr,ESC
14:38.40 Patrick Mitchell,CASC
14:40.10 Mike Sharpe,CASC
14:40.30 Nicolas Down,PCSC
14:44.30 Cameron Grotkowski,OSC
14:53.90 Marc Shielfman,NYAC
14:54.50 Daniel Cowan,ROD
14:57.00 Bart Gellhaus,OSC
14:59.18 Adam Cassidy,ESC
15:03.90 Chris Galt,ESC
15:07.30 Chris Congram,ESC
15:09.00 Robert Hynd,ROD
15:09.60 Scott Blydo,SCMSC
15:17.00 Daniel Walker,PCSC
15:19.10 Vincent Chan,UCSC

BOYS 10 - 1500 M FREESTYLE
Rec:19:23.96 L.Small,MM,84
20:12.80 Kalman Fekete,NYAC
20:30.10 Jonathan McLeod,ROD
20:32.90 Scott Speedman,NYAC
20:46.10 Ted Samson,AQUA
20:48.08 Carlos Silva,AQUA
21:18.62 Steven Whitty,AQUA
21:43.90 Marcel L'Italien,NYAC
21:50.80 Jeff Rollin,ROD
21:52.64 Joey Hidegh,UCSC
22:07.43 Peter Hezky,WAC
22:15.41 Daniel Couturier,POM
22:36.00 Andrew Warner,PHTAC
22:39.90 Chris McGregor,GO
22:40.60 Cameron Rose,NYAC
22:49.04 Kim Larsen,AQUA
22:53.30 Cal Lindsay,KEETA
22:56.00 Matthew Gillott,RDCSC
23:01.03 Craig Hutchinson,PCSC
23:06.60 Geof Lam,NYAC
23:37.20 Eric Lucko,NYAC
23:43.60 Liam Weseloh,NYAC
23:48.40 Martin Huehn,YLSC
23:52.90 Jeremy Hilton,YORK
23:54.17 Steve Stojkovic,WAC
23:54.30 Karl Desroslers,CNCB
23:55.80 Curtis Dennison,CASC
23:58.50 Jorge Parada,OSC
23:58.60 Joel Smith,SO
24:01.10 Steve Morin,PCSC
24:07.26 Craig Pettigrew,PCSC
24:16.00 Maxine Laplante,CNCB
24:16.20 Kirk Embree,PHTAC
24:19.30 Ryan Short,NYAC
24:23.32 Jonathan Poole,PCSC
24:27.90 Robert Greene,DCSC
24:29.00 Louis Pantzoures,SCAR
24:31.00 Matthew Wood,SCAR
24:40.00 Shawn Button,FMSC
24:42.08 Matthew Waroway,AQUA
24:46.17 Matthew Goodz,DCSC
24:52.10 Mark Henriksen,DCSC
25:06.00 Jeff Marshall,CASC
25:08.80 Robert Chacko,RDCSC
25:11.00 Chris Fisher,RDCSC
25:11.40 Matthew DeVleiger,ROD
25:11.40 Ian Clark,ROD
25:16.89 Stuart Hietbrink,HYACK
25:25.91 Ryan Burns,WISC
25:28.30 Rodger Cyrenne,MANTA
25:29.70 Gordon Ngan,NYAC
25:31.80 Shaun Ramdin,UCSC
25:34.50 Jason Haycock,ROD
25:38.00 Jason Round,NYAC
25:41.80 Jeff Toth,ROD
25:51.62 Jason Clarke,AQUA
25:52.10 David Burton,ESC
25:54.40 Nolan Pratt,FMSC
25:58.00 Jason Walker,CASC
26:01.90 Mark Jessee,CASC
26:04.40 Jonathon Downar,NYAC

GIRLS 10 - 400 M IND MEDLEY
Rec:5:36.76 S.Shewchuk,PCSC,85
5:59.34 Emily Spencer,PCSC
6:02.50 Wendy Holt,RDCSC
6:02.79 Nadine Wyjad,PCSC
6:08.78 Catherine Seeback,ESC
6:11.90 Chris Courtmanche,OSC
6:13.10 Christa Schellenberg,PCSC
6:15.70 Jennifer Bandringa,HYACK
6:16.41 Kathy Elder,AQUA
6:16.50 Lori Esham,UCSC
6:20.67 Karl VanOeMosseleur,PCSC
6:21.83 Raquel Chippett,WAC
6:23.32 Josee Houle,POM
6:23.90 Cheryl Clona,OSC
6:25.00 Leanne Wilkinson,DAST
6:25.98 Melanie Forest,PCSC
6:31.30 Tracy Kosinski,NYAC
6:31.79 Joelle Houle,POM
6:32.05 Mary Stewart,PCSC
6:33.40 Chris Walton,NYAC
6:33.81 Chris Bourne,PCSC
6:39.34 Heidi Smith,PCSC
6:42.70 Andrea Nicholas,ROW
6:43.80 Valerie Bainchet,CRSA
6:45.00 Anik Julien,LDRN
6:49.80 Erin Saunders,CASC
6:52.60 Sharla Stoffman,CASC
6:52.60 Sonia Sullivan,CASC
6:53.80 Carol Shewchuk,UCSC
6:53.82 Debbie Scott,SCAR
6:54.80 Lisa Mayer,USPA
6:54.80 Ashley Elinski,OSC
6:56.20 Megan Wall,SCAR
6:56.60 Sonia Poulin,LEVY
6:59.20 Heidi Bruin,RDCSC
6:59.32 Alicia Hicken,ESC
6:59.82 Kristina Zivojinovic,ESC
7:02.00 Susie Sewell,GO
7:03.40 Anita Martin,ROD
7:04.80 Jennifer Parson,ROW
7:04.90 Chantal Miller,CNCB
7:05.92 Charlotte Loaring,WAC
7:06.80 Line Rivard,LDRN
7:09.40 Cheryl Bucharski,OSC
7:10.20 Pam Noftall,PHTAC
7:15.60 Melissa Webster,UCSC
7:18.30 Carrie Crump,LYAC
7:20.27 Phaedra Hicks,DDO
7:20.40 Rachel Hayward,ROD
7:20.50 Heather Smith,ROD
7:24.40 Sheri McCarthy,KEETA
7:24.62 Nathalie Nadon,DH
7:27.60 Jodi Tiefenbach,ROD
7:30.90 Chris Major,SCMSC
7:31.10 Tara Weber,PCMSC
7:31.40 Celeste McPhee,ROW
7:31.60 Susan Bradley,ROO
7:33.30 Amy Miller,ROW
7:33.30 Janice Dupuis,LYAC
7:36.00 Cara Steimack,GO
7:38.00 Kelly Stevens,GO

BOYS 7 & UNO 100 M IND MEDLEY
Rec:1:35.41 J.Yetman,AQUA,85
1:45.43 Kevin Richard,CNCB
1:49.29 Marc Robin,CNCB
1:50.42 Joshua Kimmel,PCSC
1:52.21 Fraser Bourne,PCSC
1:52.21 Chad Christie,PCSC
1:52.60 Lindsey Smith,SSC
1:55.86 Jonathan Cantin,LEVY
2:00.10 Johnny Hewerdine,LYAC
2:01.70 Christian Nadon,DH
2:02.00 Mike Sandusky,LYAC
2:04.87 Steve Lafleur,CAGRA
2:05.96 Miska Gollner,PCSC
2:06.50 Dominique Downs,PCSC
2:07.27 Kristian Shewchuk,PCSC
2:09.73 Christos Christopoulos,PCSC
2:11.20 Brad Bonaparte,PCMSC
2:11.90 Jeff Cowan,WAC
2:12.40 David Ormerod,OSPA
2:14.10 John Patterson,ESC
2:14.85 Alex Mamallan,PCSC
2:16.80 Domenico Onesi,ODO
2:17.19 Mark Wyjad,PCSC
2:19.10 Kyle Allsharan,AQUA
2:19.61 Chris Beech,WAC
2:23.05 Eric Langill,PCSC
2:25.80 Jason Chugh,ODO
2:25.80 Erik Johnson,CTSC
2:26.49 Reid Hugh,AQUA
2:27.80 Michael McTaggart,OAK
2:28.88 Maxime Forset,PCSC
2:30.61 Brannen Bell,AQUA
2:30.94 Robbie Harrison,PCSC
2:31.00 Brian Crockett,ESC
2:31.60 Jeremy Roycroft,CASC
2:31.80 Jonathan Mack,CASC
2:32.00 Antoine Lussier,SL
2:32.50 Andrew Nisker,LYAC
2:32.50 Jamie Sommerfeld,YLSC
2:33.30 Patrick Goral,CASC
2:33.50 Mike Gibson,DCSC
2:34.20 Darren Desrochers,YLSC
2:37.70 Andrew Buller,UCSC
2:39.00 Nathan Fechtner,UCSC
2:40.00 Dylan Tilston,ESC
2:40.30 Eric Chan,UCSC
2:40.32 Blair Nelson,AQUA
2:41.50 Kyle Hnatyshen,ROW
2:42.88 P.J. Hirst,WAC
2:47.20 Clint Currie,SPART
2:48.61 Steven Garson,AQUA
2:53.50 Matthew Bourque,CASC
2:55.50 Mark Stewart,UAST
2:57.21 Brian Whitty,AQUA
2:58.18 Peter Schulte,AQUA
2:58.97 Nicholas Procyk,WAC
3:05.53 Taylor Scherk,AQUA
3:10.36 Chris Bayer,AQUA
3:19.00 Michael Koka,ROW
3:26.80 Jamie McPartland,CATS
3:28.80 Benny Cook,HYACK

BOYS 8 - 100 M INO MEDLEY
Rec:1:25.60 S.Rowe,TOMAC,84
1:27.18 Doug Wake,YLSC
1:33.02 John Yetman,AQUA
1:36.10 Chad Thompson,GO
1:36.10 Trevor Grieve,SCAR
1:36.60 Chris Armatys,GO
1:36.80 Mike Smith,NYAC
1:39.10 Francois Boisclair,CNCB
1:41.08 Michael McWha,WAC
1:41.08 James Loaring,WAC
1:42.70 Sandy Mark,WISC
1:44.10 Robert Pettigrew,AQUA
1:44.10 Rajin Ahuja,OSPA
1:44.90 Owen Lepps,OSC
1:45.62 Jason Helm,ESC
1:46.63 Joel St Goddard,MANTA
1:46.90 Stephen Gibson,DCS
1:47.40 Robbie Guthrie,LYAC
1:48.70 Scott Argent,OSC
1:49.03 Chris Topham,PCSC
1:50.31 Sean Sepulis,ESC
1:50.60 Jonathon Cescon,ROW
1:50.70 Sebastien Belanger,PCSC
1:51.00 Carl Morin,OH
1:51.60 Ian Simpson,ESC
1:51.70 Kevin Muth,MM
1:51.80 Warren Smith,SSC
1:52.90 Nathan Sutherland,OAK
1:53.58 Nenad Minic,SCAR
1:53.60 Phillipe Bergeron,PCSC
1:54.00 Mark Binkley,ESC
1:55.30 Keith Sutherland,OAK
1:56.50 Jassie Osei-Tutu,TBSS
1:58.10 Dano Baker,TBSC
1:58.50 Steven Curtis,NYAC
1:58.50 Warren Konschuh,SSC
1:59.54 Kori Betsalel,PCSC
1:59.60 Jonathan Schneider,ROD
1:59.70 Daryl Sen,UCSC
2:00.10 Steven Myden,CASC
2:00.10 Jake Russell,WVOSC
2:00.68 Andrew Desjardin,PCSC
2:01.00 Matthew Lucas,CASC
2:01.41 Chad Bannerholt,FMSC
2:01.80 Dan Roberts,PCSC
2:01.90 Chris Fraser,TNT
2:02.90 Francois Bastien,PCSC
2:03.10 Robert Perkins,YLSC
2:04.30 Morgan Oyer,SPART
2:05.90 Rob McGregor,GO
2:07.00 Anthony Bing,OSC
2:08.74 Paul Rowan,ESC
2:08.90 Terence Bhawanie,SCAR
2:10.81 Tory Berger,AQUA
2:12.21 Jim Todhunter,CHENA
2:12.37 Jonathan Gagnon,POM
2:13.20 Jeremy Kawalecki,ROW
2:14.80 Andrew Milne,GO
2:15.11 Kyle Sapico,OAK
2:15.33 David Silva,AQUA
2:15.80 Phillipe Blais,LDRN

BOYS 9 - 200 M INO MEDLEY
Rec:2:50.81 J.Funk,AQUA,86
2:50.81 Jason Funk,AQUA
2:57.90 Doug Wake,YLSC
2:58.90 Steve Jarvis,PCSC
2:59.19 Sebastien Caron,OH
3:00.10 Vincent Cheung,NYAC
3:03.60 Mishca Sommerville,ESC
3:03.80 Michael Wyjad,PCSC
3:05.30 Sasha Dimitriu,ESC
3:10.70 Downar Uldi,NYAC
3:12.58 Marek Hejduk,CHENA
3:12.70 Martin Hoehn,YLSC
3:17.50 Russell Gavan,CASC
3:18.10 Peter Tait,MM
3:18.10 Ben Tingley,ROO
3:18.90 Mark Versfeld,FMSC
3:19.60 Michael Zitta,ESC
3:20.16 Matous Vorechousky,AQUA
3:21.96 Cory Lucas,MANTA
3:23.00 Matthew Leaker,CASC
3:23.80 Armagan Ozkan,ESC
3:24.02 Martin Laycock,HTAC
3:25.50 Scott Blydo,SCMSC
3:27.60 Shawn Robertson,ESC
3:27.95 Braxton Hicks,SCAR
3:28.80 Joshua Walker,SPART
3:29.17 Mat Grier,PCSC
3:29.34 Jason Betsalel,PCSC
3:29.48 Scott Yelle,ESC
3:30.22 Alex McKelvie,PCSC
3:30.50 Chad Tranter,NYAC
3:30.68 Patrick Nilya,PCSC
3:30.71 Jeremy Warr,ESC
3:31.02 Brian Andersen,ESC
3:32.60 Ian Ferguson,NYAC
3:32.98 Mark Dockeray,PCSC
3:33.77 Blake Winfield,ESC
3:34.40 Brett Cameron,SSC
3:34.40 Ben Alles,NYAC
3:34.45 J.J. Wong,HTAC
3:34.87 Andrew Gill,PCSC
3:35.40 Mike Smith,NYAC
3:37.80 Mike Sharpe,CASC
3:39.40 Dale Scheyen,RDCSC
3:39.87 Jonathan Davis,ESC
3:40.10 Kevan Emery,AQUA
3:42.08 Mark Pietrusinski,AQUA
3:42.40 Cameron Grotkowski,OSC
3:44.21 Robin O'Uay,HTAC
3:44.90 Bob Hayes,SCAR
3:46.24 Brent Cullen,DDO
3:46.60 Adam Cassidy,ESC
3:46.70 Peter Simovic,OAK
3:47.00 Robert Hynd,ROO
3:47.90 Evan Handley,SCMSC
3:49.60 Marc Schelfman,NYAC
3:49.90 Martin Cloutier,LDRN
3:51.40 Daniel Cowan,ROO
3:52.70 Barry Townsend,ESC
3:53.20 Daniel Bolly,LEVY
3:55.02 Chris Cooper,WAC

BOYS 10 - 400 M IND MEDLEY
Rec:5:46.16 L.Small,MM,84
5:47.20 Jonathan McLeod,ROO
5:56.10 Ted Samson,AQUA
5:56.90 Kalman Fekete,NYAC
6:03.30 Matthew DeVleiger,ROO
6:07.34 Danell Couturier,POM
6:12.33 Carlos Silva,AQUA
6:13.58 Steven Whitty,AQUA
6:13.91 Jeremy Hilton,YORKm
6:14.20 Jeff Rollin,ROO
6:14.90 Scott SPeedman,NYAC
6:15.24 Kim Larsen,AQUA
6:15.30 Cal Lindsay,KEETA
6:28.90 Steve Morin,PCSC
6:36.25 Joey Hidegh,UCSC
6:36.90 Geof Lam,NYAC
6:39.50 Joel Smith,SU
6:40.00 Darren Keck,ESC
6:40.00 Trevor Keck,GO
6:40.30 Curtis Dennison,CASC
6:40.50 Gordon Ngan,NYAC
6:42.40 Jorge Parada,OSC
6:47.50 Cameron Rose,NYAC
6:47.70 Matthew Gillott,RDCSC
6:48.10 Marcel L'Italien,NYAC
6:49.20 Andrew Warner,ROW
6:50.38 Steve Stojkovic,WAC
6:52.60 Matthew Goodz,DCSC
6:52.70 Jason Haycock,ROO
6:53.80 Ryan Short,NYAC
6:54.00 Chris McGregor,GO
6:54.30 Dany Letourneau,CNCB
6:54.40 Ian Clark,ROO
6:59.63 Nolan Pratt,ESC
7:00.20 Mark Conrad,ESC
7:03.20 Jonathon Downar,NYAC
7:06.30 Jeff Marshall,CASC
7:07.20 Louis Pantzoures,SCAR
7:09.69 Douglas Doucet,PCSC
7:16.10 Brent Osachoff,CASC
7:16.50 Marc Nimigon,SCAR
7:17.40 Sean Steacy,LYAC
7:19.70 Jeff Toth,ROO
7:20.70 Dominique Paquet,CNL
7:21.80 Shawn Button,FMSC
7:22.60 Robert Chacko,RDCSC
7:22.70 Jeff Dea,ESC
7:26.40 Mark Jessee,CASC
7:27.73 Stuart Hietbrink,HYACK
7:30.29 Matthew Waroway,AQUA
7:31.00 Jeff Grace,ROO
7:31.65 Seth Radunsky,HTAC
7:33.64 Mike Stachowiak,HTAC
7:39.00 Doug Cooper,GO

BASIC SPEED ESSENTIAL INGREDIENT

PATRICIA YOUNG

"The bottom line in being a sprinter is that you must be FAST, and Canadians lack one simple ingredient—front end speed."

We seem to be unable to produce world class sprinters. Byron MacDonald, University of Toronto coach, feels that speed is what is lacking. He was one the best sprint flyers we've ever had, winning the 1970 Commonwealths. He has coached Canadian sprinters, Dan Thompson (54.51/100 fly) and Blair Hicken (50.92/100 free).

"Canadian men are not world class sprinters because their flat start 50's are too slow," MacDonald said.

"World class sprinters usually hit the first 50 in the range of 1-1.5 seconds over their best 50 sprint time, while their second 50 has a drop off rate of about 1.3-1.8 seconds.

"Canadian men are returning home as well as the best, averaging between 1.2 and 1.8 drop offs, so we are not dying, as a matter of fact, we are actually coming home better. Our men split much closer to their best times going out (.7 to 1.1 average).

"The women's problems are more serious," continued MacDonald. "All the world class sprinters hit the first 50 in 26-27.0 seconds. We only have a handful who can do that for a standing 50. This is compounded by the fact that world class sprinters have a drop off of 1.1-1.9, while Canadian women drop off in the 2-3.0 second range.

"The speed requirement is not a reversible equation. To be a world class sprinter you must have a very fast 50, but just because you have world class 50 speed does not mean you'll be a world class 100 sprinter.

"I believe there's a physical component to swimming fast in season," said MacDonald. "You can't swim fast in meets by swimming slow in practice. Training must be structured to offer the swimmer the means to go fast. Endless metres are definitely not the answer."

It's the old adage; You play like you practice.

Lars Erik Paulson noted Swedish coach of world class sprinters most recently Per Johansson European Champion in 1981 and '83 Olympic bronze medalist in 1980 and '84 spoke about sprinting at an international coaches conference in Helsinki

Paulson's workouts consist of very fast swimming. He does not believe in doing a great deal of repetitions, but instead aims for the highest possible quality during each set. He believes that, "quantity is the enemy of quality."

PER JOHANSSON

SAMPLE WORKOUT / Lars-Erik Paulson
AM-Short Course

500 m warm-up	
20x25	1 to 4, descending on 30 seconds
1000 kick	rarely done
1000 pull	with pull buoy and sprint into turns
3x100	in sets of 4 x 25 'super sprint set' on about 2:40 pace, performed without breathing or 'all-out'.
400 swim	10 strokes of each of fly, back, breast, free
10x50	fly on 50 second pace
10x50	back on 60 second pace
10x50	breast on 1:10 pace
10x50	free on 45 second pace
200 kick	fly with no board
3x100	kick on main stroke
3x100	pull on main stroke
3x100	swim main stroke with long rest start when swimmer feels ready

AM-Short Course (8 days out of Nationals)

200 swim	main stroke, work on technique
4x25	sprint, long rest
400 swim	easy swim, concentrate on technique maximum sprint 5 metres in and out of turn
10 minutes rest	
3x50	'mini-max' swimming maximum speed with minimum number of strokes
10 minutes swim easy any stroke	

Testing Series done every two weeks
Test to last one hour, swimmer to do 4x100 with high quality and descending progression of times. Test is done after a regular warm-up.
Example of a set done by Per Johansson two weeks before Swedish Championships: (long course)

	First 50	Second 50	Final Time
First	26.65	29.13	55.78
Second	25.52	28.12	53.64
Third	25.10	28.12	52.50
Fourth	24.68	27.07	51.75

Per Johansson - progression 80-85

	80	81	82	83	84	85
50 free				23.35	23.83	23.21
100 free	51.29	50.55	50.19	50.20	50.31	51.02

Paulson likes to involve his athletes in their workouts. "During the workout it is important to explain each set," he said, "so that the athlete is aware of what he is doing and it's purpose. This is indispensable. I think of it as another 'workout' for them."

Even the rest intervals are determined by the swimmer. Paulson's swimmers tell him when they feel they are ready to go. This type of participation actively involves the sprinter in his own training program. It's definitely not recommended for the immature or uncommitted.

Paulson spends alot of time on "super sprints"; swimming 12, 15 and 25 metres. These are designed to familiarize sprinters with high speed.

"Swimming at slower speeds gives the sprinter little benefit," he said, echoing MacDonald's comments. "Neglecting these sets will reduce a swimmer's speed."

He defines this type of workout as "demand and relaxation", the alternating of high anaerobic intensity and active rest.

This brings us to the problem of how the anaerobic/aerobic components of sprinting should be proportioned.

A sprinter has to develop his aerobic capacity if he expects to reduce the fade, but Paulson's sprinters never swim events longer than 100 metres free.

Paulson feels that it is much easier to spoil a sprinter's talent than it is to develop it.

"There is a distinct difference in swimming the 100 and 200 free. It is easier to reconcile the 200 with the 400 then it is with the 100. A distinction has to be made: either 100 or 200."

MacDonald disagrees with this. "Current research states that in order to go sub 50, you must also be able to swim at least a sub 4:10(lcm) for the 400, due to the aerobic requirements of the 100. You need speed, but very few 'drop deaders' ever make it as world class sprinters."

To further confuse the situation, Michael Gross, world record holder in the 100 fly as well the 200 free and fly, recently added the 400 free to his collection. Matt Biondi may be the best of the lot, with a near world best ever in both the 50 and 200 free, as well the

SPRINTS A SPECIALTY FOR RAI

PAMELA RAI

BIRTHDATE: March 29, 1966
CLUB: Vicoria Olympians and University of Victoria
COACHES: Ron Jacks, and Dr. Peter Vizsolyi

REPRESENTED CANADA

1982 World Championships, Guayaquil, Ecuador	
1983 Pan American Games, Caracas, Venezuela	Silver medal winner – 4x100 free relay
1984 Olympic Games, Los Angeles	Bronze medal winer – 4x100 medley relay

LONG COURSE PROGRESSION

	1980	1981	1982	1983	1984	1985	1986
50 free	27.11	27.16	27.35	27.06	26.59	26.74	26.97
100 free	1:00.24	58.49	58.33	58.05	57.34	57.62	57.44
100 fly	1:05.83	1:03.06	1:03.18	1:03.10	1:03.40	1:02.10	1:03.44

ALL-TIME CANADIAN PERFORMANCES

50 METRES FREESTYLE	*100 METRES FREESTYLE*	*100 METRES BUTTERFLY*
26.16 Andrea Nugent,UCSC,86	56.60 Carol Klimpel,SSAC,81	1:01.27 Wendy Quirk,EKSC,80
26.25 Carol Klimpel,SSAC,80	56.75 Anne Jardin,PCSC,80	1;01.38 Mich MacPherson,ESC,83
26.35 Anne Jardin,PCSC,80	57.16 Jane Kerr,ESC,85	1:02.10 Pamela Rai,VICO,85
26.51 Lori Melien,AAC,86	57.17 Gail Amundrud,CDSC,78	1:02.14 Nancy Garapick,HTAC,79
26.59 Pamela Rai,VICO,84	57.31 Wendy Quirk,EKSC,80	1:02.19 Jill Horstead,ESC,85
26.72 Erin Corcoran,OSHAC,83	57.34 Pamela Rai,HYACK,84	1:02.23 Marie Moore,DCSC,84
26.95 Johanna Malloy,TBT,77	57.60 Andrea Nugent,UCSC,85	1:02.35 Debbie Armstead,UCSC,80
26.97 Naomi Marubashi,SSAC,83	57.62 Kathy Bald,NSC,83	1:02.41 Susan Sloan,CDSC,76
26.98 Chantal Rouleau,SAMAK,86	57.64 Patricia Noall,BBF,86	1:02.67 Helene Boivin,PCSC,76
27.01 Jane Kerr,ESC,83	57.68 Cheryl McArton,ESC,84	1:02.76 Anne Jardin,PCSC,80
27.01 Kathy Bald,NSC,83	57.71 Maureen New,EKSC,84	1:03.07 Kevyn Stafford,CDSC,81
27.05 Andrea Schloegl,NYAC,83	57.72 Barb Clark,CASC,76	1:03.12 Kelly Allbright,ESC,78
27.13 Pascale Choquet,CNB,85	57.79 Naomi Marubashi,SSAC,84	1:03.13 Ruth Horne,GO,83
27.16 Cathie Griffin,WAC,81	57.97 Jennifer Campbell,LU,82	1:03.13 Natalie Deschamps,SEL,83
27.17 Gail Amundrud,CDSC,77	58.04 Lori Melien,AAC,85	1:03.21 Anita VanDyke,CDSC,82

only sub-49 second 100 free and an even more incredible 47.7 relay leg.

"One of the most important factors influencing results is the so called 'mental capacity' of the sprinter," said Paulson.

"During training it's absolutely necessary to to learn the art of winning. A sprinter must have strong personality. Motivation has to come during workouts, dry land training and even in their spare time. To start at a meet is too late."

"Many sprinters are afraid to put it on the line in mid season. They perfer to pray for a miracle taper at the end of the season," said MacDonald. "The psychological reasons for slow in-season performances can't be downplayed."

Both Paulson and MacDonald agree that strength and technique are the cornerstones of great sprinting.

"Coaches should strive to make the athlete independent," Paulson said. "He should arrive at the stage where the swimmer analyzes his own strokes and corrects himself." □

Special thanks to Marek Barlowski, coach of the Y Laser SC in Saskatoon with his help in translating Lars-Erik Paulson's talk.

OPEN OLYMPICS PROPOSED

An elegibility commission of the International Olympic Committee has advocated a fully open Olympics. The Soviet bloc opposes the proposal.

The United States Olympic Committe has sided with the Soviet bloc.The USOC favours allowing a pro from one sport to compete in another sport. For example a professional football player could compete in track, but a track pro could not.

Robert Helmick, president of the USOC, says, "The Olympic Games should remain a goal for all athletes and not degenerate into simply another forum for professional athletes. Helmick is also the president of the Internation Swimming Federation (FINA).

IOC President, Juan-Antonio Samaranch promised that the new IOC eligibilty code would allow out-and-out professionals to compete beginning with 1988 in Calgary and Seoul.

The strong objections to these amendments from the Soviet bloc are hypocritical. Samaranch observed that, "For us, a professional is the same as a state athlete."

'State athletes' is Olympicspeak for competitors who represent Communist countries. They have always been treated as amateurs, while in fact are professional in every sense of the word. But then, Olympicspeak is a language all its own, rich in ambiguity and bafflegab.

If you are a capable athlete in one of Soviet states, that becomes your occupation. You're on the government payroll. For Olympic purposes, though, you remain an amateur.

In a limited way Canada subsidizes its best athletes. The practice was covered by an IOC bylaw which says nobody should "be placed at a social or material disadvantage as a result of his or her preparation for and participation in the Olympics and international sports competition."

Gradual change is creeping in. Steve Podborski got rich while skiing as an amateur. Track star Ben Johnson can buy his mother a house and drive a neat car without jeopardizing his status. But he mustn't actually be called a pro. Alex Baumann is building up a nice nest-egg courtesy of the Egg Marketing Board and other endorsements.

Soviet bloc countries voiced their strong objection that a relaxing of the elegibility rules would further commercialize the Games. This is ironical since the Goodwill Games, sponsored by maverick television magnate Ted Turner, to be held this July in Moscow, are about as blatantly commercial as you can get. □

1986 LONG COURSE TAG®

TAG is financially supported by the Canadian Amateur Swimming Association. Rankings compiled by SWIM Magazine, Computer program by Advantage Software.

Long Course (50-m pool) performances done since Dec.1,1985. List dated May 7, 1986

GIRLS 11–12

50 METRES FREESTYLE
Rec: [illegible] L.Mellen,AAC,84

[illegible]	[illegible]	Allison Higson,12,ESC
[illegible]	ESSOYTH	Glenda Fok,12,OSC
[illegible]	ONTLCJAN	Astrid Lange,12,TOMAC
[illegible]	DDOJAN	Christine Lamarche,12,CNMN
[illegible]	DDOJAN	Gabriella Kuntz,12,DDO
[illegible]	ESSOYTH	Catherine McQueen,12,GOLD
[illegible]	ONTLCJAN	Christine Cassidy,12,ESC
29.50	[illegible]	Dawn Brower,11,UCSC
[illegible]	ESSOYTH	Cori Creed,12,WVOSC
29.48	EASTFEB	Jody Bull,12,ACES
29.52	[illegible]	Sandra Marchand,12,ENL
[illegible]	ONTLCJAN	Helen Bostock,12,NYAC
[illegible]	PRAIRIE	Debbie Matejicka,12,SJAK
[illegible]	ALBAGFEB	Christine Filinn,12,RDCSC
[illegible]	PRAIRIE	Paula Bamburak,12,SJAK
[illegible]	[illegible]	Shannon Loughran,12,GOLD
30.13	PRAIRIE	Kristin Topham,12,MANTA
[illegible]	ALBAGFEB	Laura Grzesik,12,EKSC
30.23	PCSCDEC	Helene Lavoie,12,CAMO
[illegible].33	PRAIRIE	Marci White,12,RDCSC
30.40	HTACAPR	Susan Hunter,12,HTAC
30.44	DDOJAN	Stephanie Ramdass,11,CALAC
30.57	HTACAJAN	Jill Stewart,12,NRST
30.60	TOMACFEB	Michelle Sallee,12,TOMAC
30.60	ALBAGFEB	Lindsey McKay,12,CASC

100 METRES FREESTYLE
Rec: [illegible]59.36 L.Mellen,AAC,85

[illegible].30	ONTLCJAN	Allison Higson,12,ESC
[illegible].71	ESSOYTH	Glenda Fok,12,OSC
[illegible]	DDOJAN	Sandra Marchand,12,ENL
[illegible]3.82	ESSOYTH	Catherine McQueen,12,GOLD
[illegible]4.31	CDSCJAN	Jennifer Kappler,11,PSW
[illegible]4.50	NAACMAR	Louise Copeman,12,NAAC
[illegible]4.54	ONTLCJAN	Astrid Lange,12,TOMAC
[illegible]4.92	PRAIRIE	Kristin Topham,12,MANTA
[illegible]4.94	ALBAGFEB	Dawn Brower,11,UCSC
[illegible]	PRAIRIE	Liane Reid,12,ROD
[illegible]5.06	PRAIRIE	Marci White,12,RDCSC
[illegible]5.27	PCSCDEC	Helene Lavoie,12,CAMO
[illegible]5.30	NAACMAR	Jody Bull,12,ACES
1:05.34	ALBAGFEB	Lindsey McKay,12,CASC
1:05.50	ALBAGFEB	Kelly Kaye,12,UCSC
1:05.54	MANSASK	Shannon Loughran,12,GOLD
1:05.54	ALBAGFEB	Christine Filinn,12,RDCSC
1:05.68	ESSOYTH	Debbie Matejicka,12,SJAK
1:05.76	HTACAPR	Susan Hunter,12,HTAC
1:05.88	PCSCDEC	Isabelle Vincent,12,POM
1:05.92	OSCDEC	Marla Gaudin,12,EKSC
[illegible]	BROCKAPR	Jennifer Lynes,12,MAC
[illegible]	DDOJAN	Gabriella Kuntz,12,DDO
1:06.30	PCSCDEC	Isabelle Groulx,11,POM
1:06.41	TOMACFEB	Michelle Sallee,12,TOMAC

200 METRES FREESTYLE
Rec: 2:10.03 S.Smith,VANPK,74

[illegible]4.53	ESSOYTH	Catherine McQueen,12,GOLD
[illegible]5.53	ESSOYTH	Helene Lavoie,12,CAMO
[illegible]6.12	ONTLCJAN	Shannon Pilgrim,12,LYAC
[illegible]	PCSCDEC	Stephanie Shewchuk,11,PCSC
[illegible].21	OSCDEC	Glenda Fok,12,OSC
[illegible].23	ONTLCJAN	Michelle Sallee,12,TOMAC
[illegible].33	EASTFEB	Louise Copeman,12,NAAC
[illegible].53	GDDEC	Kathy Palmer,12,NSC
[illegible]	RODAPR	Shannon Loughran,12,GOLD
[illegible]	ESSOYTH	Sandra Marchand,12,ENL
[illegible]	PRAIRIE	Liane Reid,12,ROD
[illegible]	MANSASK	Kristin Topham,12,MANTA
[illegible]	BROCKAPR	Jennifer Lynes,12,MAC
[illegible]	LASCAPR	Kelly Kaye,12,UCSC
[illegible].50	CDSCJAN	Tasha Zukewich,12,HACER
[illegible].57	ALBAGFEB	Lindsey McKay,12,CASC
[illegible].59	ESSOYTH	Marla Gaudin,12,EKSC
[illegible].70	DDOJAN	Isabella Papineau,12,CMNG
[illegible].72	HTACAPR	Susan Hunter,12,HTAC
[illegible]	ESSOYTH	Tisha Stojkovic,12,WAC
[illegible]	PRAIRIE	Marci White,12,RDCSC
[illegible]	ONTLCJAN	Astrid Lange,12,TOMAC
[illegible]	CDSCAPR	Cori Creed,12,WVOSC
[illegible]	PRAIRIE	Debbie Matejicka,12,SJAK
[illegible]	ONTLCJAN	Zoe O'Connell,12,OSHAC

400 METRES FREESTYLE
Rec: 4:31.46 N.Birchenough,PCSC,84

4:34.96	ONTLCJAN	Allison Higson,12,ESC
4:40.06	ESSOYTH	Stephenie Shewchuk,11,PCSC
4:41.07	ESSOYTH	Helene Lavoie,12,CAMO
4:4[illegible]	ONTLCJAN	Shannon Pilgrim,12,LYAC
4:49.19	EASTFEB	Louise Copeman,12,NAAC
4:50.30	GDDEC	Kathy Palmer,12,NSC
4:50.91	ONTLCJAN	Michelle Sallee,12,TOMAC
4:51.09	UCSCJAN	Erin Holland,12,CASC
4:51.83	RODAPR	Shannon Loughran,12,GOLD
4:52.38	OSCDEC	Glenda Fok,12,OSC
4:53.37	CDSCJAN	Tasha Zukewich,12,HACER
4:53.64	ONTLCJAN	Zoe O'Connell,12,OSHAC
4:53.80	ONTLCJAN	Tisha Stojkovic,12,WAC
4:53.81	ESSOYTH	Catherine McQuaun,12,GOLD
4:53.82	ESSOYTH	Kelly Kaya,11,UCSC
4:54.35	DDOJAN	Sandra Marchand,12,ENL
4:54.72	PRAIRIE	Chris Polomark,12,TSC
4:56.30	ESSOYTH	Kristin Topham,12,MANTA
4:56.50	OSCDEC	Marla Gaudin,12,EKSC
4:56.59	BROCKAPR	Jennifar Lynes,12,MAC
4:56.88	ALBAGFEB	Lindsey McKay,12,CASC
4:57.00	ONTLCJAN	Heather Huehn,12,NYAC
4:57.90	RODAPR	Marla Dowdeswall,12,ROD
4:58.31	ALBAGFEB	Kristen McKay,11,CASC
4:58.34	ONTLCJAN	Leslie Dunphy,11,HWAC

800 METRES FREESTYLE
Rec: 9:12.83 S.Smith,VANPK,74

9:40.30	NAACMAR	Louise Copeman,12,NAAC
9:41.60	ESSOYTH	Helena Lavola,12,CAMO
9:47.30	ESSOYTH	Shannon Pilgrim,12,LYAC
9:51.14	BROCKAPR	Michella Sallae,12,TOMAC
9:52.92	ALBAGFEB	Erin Holland,12,CASC
9:54.80	HODAPR	Shannon Loughran,12,GOLD
9:55.40	ESSOYTH	Tisha Stojkovic,12,WAC
9:59.50	RODDECLC	Liane Raid,12,ROD
10:01.75	ESSOYTH	Zoe O'Connell,12,OSHAC
10:01.90	CDSCJAN	Tasha Zukewich,12,HACER
10:01.92	ALBAGFEB	Kelly Kaya,12,UCSC
10:02.74	ESSOYTH	Stephanie Shawchuk,11,PC
10:03.86	RODAPR	Shauna Korpan,12,GOLD
10:04.40	DDOAPR	Kristin Fowler,12,GO
10:05.06	MANSASK	Paula Bamburak,12,SJAK
10:06.64	MMAPR	Kristin Topham,12,MANTA
10:08.06	HODAPR	Marla Dowdaswell,12,ROD
10:08.18	OSCDEC	Marla Gaudin,12,EKSC
10:09.00	ESSOYTH	Haather Huehn,12,NYAC
10:11.30	ESSOYTH	Christin Daly,12,SJAK
10:11.30	CDSCJAN	Cori Creed,12,WVOSC
10:11.64	ESSOYTH	Sandra Marchand,12,ENL
10:12.20	CDSCJAN	Colleen Hnatiuk,12,EKSC
10:15.60	ESSOYTH	Barbara King,12,PHTAC
10:16.77	PRAIRIE	Chris Polomark,12,TSC

100 METRES BACKSTROKE
Rec: 1:07.73 L.Mellen,AAC,85

1:11.68	PCSCDEC	Isabella Vincent,12,POM
1:11.69	ONTLCJAN	Kara Bowman,12,ROW
1:12.00	ESSOYTH	Johanne Choquet,12,CNB
1:12.33	ONTLCJAN	Allison Higson,12,ESC
1:12.70	ESSOYTH	Glenda Fok,12,OSC
1:13.06	ESSOYTH	Paula Bamburak,11,SJAK
1:13.19	ESSOYTH	Nadine Emond,12,CNSL
1:14.24	ONTLCJAN	Tracy Lundstrom,12,CGF
1:14.44	ONTLCJAN	Kim Walton,12,NYAC
1:14.67	ESSOYTH	Johanne Charest,12,CNSI
1:14.77	MANSASK	Shannon Loughran,12,GOLD
1:14.85	ESSOYTH	Barbara King,12,PHTAC
1:14.97	CDSCJAN	Kim Fabbro,12,PSW
1:15.03	ESSOYTH	Kathryn Pellatt,12,WVOSC
1:15.10	PCSCDEC	Christine Lamarche,12,CNMN
1:15.18	ONTLCJAN	Jennifer O'Shea,12,NSC
1:15.23	TOMACFEB	Leslie Dunphy,11,HWAC
1:15.40	ESSOYTH	Cori Creed,12,WVOSC
1:15.47	DDOJAN	Helena Lavola,12,CAMO
1:15.62	ALBAGFEB	Karla Kochorek,12,CASC
1:15.89	ONTLCJAN	Sheri Stewart,12,MAC
1:16.00	HTACAPR	Susan Hunter,12,HTAC
1:16.06	BROCKAPR	Michelle Sallee,12,TOMAC
1:16.36	DDOJAN	Patrina Lessard,11,PCSC
1:16.46	TOMACFEB	Astrid Lange,12,TOMAC

200 METRES BACKSTROKE
Rec: 2:24.88 N.Garapick,HTAC,74

2:34.00	ESSOYTH	Allison Higson,12,ESC
2:34.76	MANSASK	Shannon Loughran,12,GOLD
2:34.83	ONTLCJAN	Kara Bowman,12,ROW
2:35.32	PCSCDEC	Isabelle Vincant,12,POM
2:36.19	ESSOYTH	Paula Bamburak,11,SJAK
2:37.30	ESSOYTH	Johanne Charest,12,CNSI
2:37.44	OSCDEC	Glenda Fok,12,OSC
2:37.99	ONTLCJAN	Kim Walton,12,NYAC
2:38.46	ESSOYTH	Barbara King,12,PHTAC
2:38.69	ESSOYTH	Johanna Choquet,12,CNB
2:38.79	ESSOYTH	Nadina Emond,12,CNSL
2:39.02	ESSOYTH	Christin Daly,12,SJAK
2:39.48	ESSOYTH	Heathar Huehn,12,NYAC
2:39.57	ONTLCJAN	Tracy Lundstrom,12,CGF
2:39.72	ALBAGFEB	Erin Holland,12,CASC
2:40.34	ONTLCJAN	Michelle Sallee,12,TOMAC
2:40.46	DDOAPR	Kristin Fowler,12,GO
2:40.77	GDDEC	Tiffany Sturgeon,12,NSC
2:41.27	ALBAGFEB	Kelly Kaya,12,UCSC
2:41.37	ESSOYTH	Helena Lavole,12,CAMO
2:41.48	ESSOYTH	Dabbie Matejicka,12,SJAK
2:41.75	ALBAGFEB	Karla Kochorek,12,CASC
2:41.79	TOMACFEB	Leslie Dunphy,11,HWAC
2:41.87	CDSCJAN	Cori Creed,12,WVOSC
2:42.23	DDOJAN	Stephanie Shewchuk,11,PCSC

100 METNES BREASTSTHOKE
Rec: 1:10.94 A.Higson,ESC,86

1:10.94	ESSOCOP	Allison Higson,12,ESC
1.18.91	ONTLCJAN	Nancy Sweetnam,12,LLSC
1:19.28	ESSOYTH	Debbie Matejicka,12,SJAK
1:19.54	PQSHFEB	Isabelle Cote,12,MTMY
1:20.28	ESSOYTH	Nancy Gravel,12,LAVAL
1.20.60	PCSCDEC	Isabella Groulx,11,POM
1:21.10	ONTLCJAN	Heather Skulj,12,BROCK
1:21.58	ESSOYTH	Nathalie Giguere,12,CHAR
1:21.77	ESSOYTH	Dana McClymont,12,BTSC
1:22.20	PRAIRIE	Liane Reid,12,ROD
1:23.14	ONTLCJAN	Helen Bostock,12,NYAC
1:23.20	ONTLCJAN	Bridget Chippett,12,WAC
1:23.30	NAACMAR	Louise Copeman,12,NAAC
1:23.75	ESSOYTH	Kelly Kaye,11,OCSC
1:23.84	ESSOYTH	Stacy Wall,12,AAC
1:23.89	ONTLCJAN	Stephanie Rodrique,12,BROCK
1:24.01	TOMACFEB	Astrid Lange,12,TOMAC
1:24.04	ONTLCJAN	Leanne Thorpe,12,GO
1:25.14	ONTLCJAN	Michelle Boudreau,11,NSC
1:25.19	UCSCJAN	Renee Lukoni,12,OSPA
1:25.40	ONTLCJAN	Cathy Simpson,11,ESC
1:25.69	CDSCJAN	Tracy Measham,12,CHENA
1:25.75	EASTFEB	Robyn Cook,12,TCSC
1:25.80	HTACAPR	Becky Young,11,PCMSC
1:25.87	DDOJAN	Christine Lamarche,12,CNMN

200 METHES BREASTSTROKE
Hec: 2:34.11 A.Higson,ESC,86

2:34.11	ESSOCOP	Allison Higson,12,ESC
2:50.57	PQSRFEB	Isabelle Cote,12,MTMY
2:52.17	ONTLCJAN	Leanne Thorpe,12,GO
2:52.85	ESSOYTH	Bridget Chippett,12,WAC
2:52.89	ESSOYTH	Debbie Matejicka,12,SJAK
2:53.58	PCSCDEC	Isabelle Groulx,11,POM
2:53.59	ESSOYTH	Nathalia Giguere,12,CHAR
2:55.32	ESSOYTH	Heather Skulj,12,BROCK
2:55.80	ESSOCOP	Nancy Sweetnam,12,LLSC
2:56.55	PRAIRIE	Liane Reid,12,ROD
2:57.15	ESSOYTH	Nancy Gravel,12,LAVAL
2:57.52	ESSOYTH	Kelly Kaye,11,UCSC
2:58.40	NAACMAR	Louise Copeman,12,NAAC
2:59.88	ESSOYTH	Astrid Lange,12,TOMAC
3:00.10	ONTLCJAN	Sheila Hewerdine,11,LYAC
3:00.30	ONTLCJAN	Michelle Boudreau,11,NSC
3:01.35	ONTLCJAN	Dana McClymont,12,BTSC
3:01.35	HTACAPR	Iona Allen,11,HTAC
3:03.04	ESSOYTH	Stacy Wall,12,AAC
3:03.10	RODDECLC	Maija Cairns,12,ROD
3:03.30	RODAPR	Renee Lukoni,12,OSPA
3:03.48	ESSOYTH	Alyson Byrd,12,PCSC
3:03.60	RODAPR	Shauna Korpan,12,GOLD
3:03.89	ONTLCJAN	Helen Bostock,12,NYAC
3:04.01	SJSCAPR	Kathy Stewart,13,SJSC

100 METRES BUTTERFLY
Rec: 1:06.08 M.MacPherson,ETOB,79

1:08.48	OSCDEC	Glenda Fok,12,OSC
1:08.54	ONTLCJAN	Allison Higson,12,ESC
1:08.68	ESSOYTH	Marla Gaudin,12,EKSC
1:08.90	DDOJAN	Christine Lamarche,12,CNMN
1:09.23	ONTLCJAN	Karen Sewell,12,GO
1:09.69	ONTLCJAN	Shannon Pilgrim,12,LYAC
1:09.84	ESSOYTH	Sandra Marchand,12,ENL
1:10.13	PCSCDEC	Jacynthe Pineau,11,CNCB
1:11.30	NAACMAR	Louise Copeman,12,NAAC
1:11.80	PCSCDEC	Isabelle Vincent,12,POM
1:11.87	ONTLCJAN	Andrea McVean,12,NYAC
1:11.97	ESSOYTH	Gabriella Kuntz,12,DDO
1:11.99	PRAIRIE	Marci White,12,RDCSC
1:12.02	ESSOYTH	Paula Bamburak,11,SJAK
1:12.28	ONTLCJAN	Katie Rogers,12,NSC
1:12.63	HTACAPR	Erin Malone,12,OCSC
1:12.65	ONTLCJAN	Gineen Catlon,11,NYAC
1:12.90	NAACMAR	Jody Bull,12,ACES
1:12.90	RODAPR	Shannon Loughran,12,GOLD
1:13.27	BROCKAPR	Sheri Stewart,12,MAC
1:13.34	ESSOYTH	Marie-J. Larin,12,LAVAL
1:13.35	ESSOYTH	Stacy Wall,12,AAC
1:13.35	UCSCJAN	Renee Lukoni,12,OSPA
1:13.50	TOMACFEB	Astrid Lange,12,TOMAC
1:13.67	ONTLCJAN	Rebecca Sherlock,12,TRENT

200 METRES BUTTERFLY
Rec: 2:22.47 M.Coulombe,CNMN,77

2:26.31	ESSOYTH	Allison Higson,12,ESC
2:26.55	ESSOYTH	Karen Sewell,12,GO
2:28.60	ONTLCJAN	Shannon Pilgrim,12,LYAC
2:30.08	ESSOYTH	Marla Gaudin,12,EKSC
2:32.81	ESSOYTH	Marie-J. Larin,12,LAVAL
2:32.86	ONTLCJAN	Andrea McVean,12,NYAC
2:32.88	ESSOYTH	Jacynthe Pineau,11,CNCB
2:33.73	DDOJAN	Christine Lamarche,12,CNMN
2:35.04	ESSOYTH	Barbara King,12,PHTAC
2:35.44	PCSCDEC	Isabelle Vincent,12,POM
2:35.63	DDOJAN	Sandra Marchand,12,ENL
2:35.83	EASTFEB	Louise Copeman,12,NAAC
2:38.13	MANSASK	Paula Bamburak,12,SJAK
2:39.23	ALBAGFEB	Jody Rudd,12,OSC
2:39.80	PRAIRIE	Marci White,12,RDCSC
2:40.22	ONTLCJAN	Gineen Catlon,11,NYAC
2:40.77	ALBAGFEB	Erin Holland,12,CASC
2:42.03	ONTLCJAN	Heather Huehn,12,NYAC
2:42.58	HTACAPR	Erin Malone,12,DCSC
2:42.92	ALBAGFEB	Lori Eshom,11,UCSC
2:42.93	ALBAGFEB	Karla Kochorek,12,CASC
2:43.17	RODAPR	Renee Lukoni,12,OSPA
2:43.25	ONTLCJAN	Jennifer O'Shaa,12,NSC
2:43.72	ONTLCJAN	Tisha Stojkovic,12,WAC
2:43.72	BROCKAPR	Sheri Stawart,12,MAC

200 METRES IND.MEDLEY
Rec: 2:21.55 A.Higson,ESC,86

2:21.55	ESSOCOP	Allison Higson,12,ESC
2:35.04	ESSOYTH	Debbie Matejicka,12,SJAK
2:35.23	ONTLCJAN	Astrid Lange,12,TOMAC
2:35.53	ONTLCJAN	Shannon Pilgrim,12,LYAC
2:36.69	PRAIRIE	Liane Reid,12,ROD
2:37.41	ALBAGFEB	Erin Holland,12,CASC
2:37.60	ESSOYTH	Paula Bamburak,11,SJAK
2:37.61	ALBAGFEB	Kelly Kaya,12,UCSC
2:38.64	OSCDEC	Glenda Fok,12,OSC
2:38.70	NAACMAR	Louise Copeman,12,NAAC
2:38.65	PCSCDEC	Christine Lamarche,12,CNMN
2:38.96	ESSOYTH	Heather Skulj,12,BROCK
2:39.03	ONTLCJAN	Dana McClymont,12,BTSC
2:39.14	RODAPR	Shannon Loughran,12,GOLD
2:39.26	DDOJAN	Nadine Emond,12,CNSL
2:39.39	ONTLCJAN	Andrea McVean,12,NYAC
2:39.67	ESSOYTH	Bridget Chippett,12,WAC
2:39.94	ESSOYTH	Catherine McQueen,12,GOLD
2:40.13	ESSOYTH	Jacynthe Pineau,11,CNCB
2:40.61	DDOJAN	Sandra Marchand,12,ENL
2:40.66	DDOAPR	Kristin Fowler,12,GO
2:41.21	DDOJAN	Stephanie Shewchuk,11,PCSC
2:41.68	ONTLCJAN	Leanne Thorpe,12,GO
2:41.75	ESSOYTH	Nancy Sweetnam,12,LLSC
2:41.98	PRAIRIE	Marci White,12,RDCSC

400 METRES IND.MEDLEY
Rec: 5:07.00 A.Higson,ESC,86

5:07.00	ESSOYTH	Allison Higson,12,ESC
5:30.86	ONTLCJAN	Andrea McVean,12,NYAC
5:31.74	PCSCDEC	Stephanie Shewchuk,11,PCSC
5:31.92	ALBAGFEB	Erin Holland,12,CASC
5:32.79	ONTLCJAN	Heather Huehn,12,NYAC
5:32.98	MMAPR	Debbie Matejicka,12,SJAK
5:33.31	ESSOYTH	Kelly Kaye,11,UCSC
5:33.35	ONTLCJAN	Heather Skulj,12,BROCK
5:33.62	ONTLCJAN	Leanne Thorpe,12,GO
5:34.54	DDOJAN	Sandra Marchand,12,ENL
5:35.15	ESSOYTH	Astrid Lange,12,TOMAC
5:35.20	RODAPR	Shannon Loughran,12,GOLD
5:35.49	ESSOYTH	Barbara King,12,PHTAC
5:35.87	DDOJAN	Nadine Emond,12,CNSL
5:37.62	ONTLCJAN	Sheila Hewerdine,11,LYAC
5:38.77	PCSCDEC	Jacynthe Pinaau,11,CNCB
5:38.79	ESSOYTH	Shannon Pilgrim,12,LYAC
5:39.80	ESSOYTH	Bridget Chippett,12,WAC
5:40.26	DDOAPR	Kristin Fowler,12,GO
5:40.46	OSCDEC	Marla Gaudin,12,EKSC
5:40.92	ESSOYTH	Zoe O'Connell,12,OSHAC
5:43.01	ONTLCJAN	Katie Rogers,12,NSC
5:43.22	DDOJAN	Sandy Sabo,11,DDO
5:43.30	MANSASK	Paula Bamburak,12,SJAK
5:43.60	RODAPR	Shauna Korpan,12,GOLD

4X50 MEDLEY RELAY
Rec: 2:13.00 Etobicoke SC,ESC,79

2:19.35	DDOJAN	Dollard Swim Team,DDO
2:20.72	DDOJAN	Montreal Aquatique,CAMO
2:20.88	ALBAGFEB	Cascade Swim Club,CASC
2:20.90	DDOJAN	CN Montreal-Nord,CNMN
2:21.37	RODAPR	Goldfin Swim Club,GOLD
2:21.67	PCSCDEC	Pointe Claire SC,PCSC
2:22.23	ALBAGFEB	Univ.Calgary SC,UCSC
2:23.49	ALBAGFEB	Edmonton Keyano SC,EKSC
2:24.03	EASTFEB	Halifax Trojans,HTAC
2:24.20	OSCDEC	Olympian Swim Club,OSC
2:24.32	DDOJAN	CN St-Laurent,CNSL
2:25.66	RODAPR	Regina Opt.Dolphins,ROD
2:25.80	HTACAPR	Dartmouth Crusaders,DCSC
2:26.91	EASTFEB	Newfoundland Aquarena,NAA
2:26.95	HTACAPR	Saint John SC,SJSC
2:27.89	LASCAPR	Red Deer Catalina SC,RDCS
2:28.40	PCSCDEC	CN Beauport,CNCB
2:28.51	PCSCDEC	Beaconsfield Bluefins,BBF
2:28.51	PCSCDEC	Hamilt-Wentworth AC,HWAC
2:29.25	DDOJAN	CN St-Lambert,SL
2:31.10	EASTFEB	Thunderbolts AC,PHTAC
2:31.26	GMACMAR	Brantford AC,BRANT
2:31.37	GMACMAR	Burlington Centurions,BSC
2:31.40	UCSCJAN	Vernon KokaneeSC,VKSC
2:31.87	GMACMAR	London Y,LYAC

4X50 FREE RELAY
Rec: 1:56.66 Edm.Keyano,EKSC,83

2:03.03	ALBAGFEB	Cascade Swim Club,CASC
2:04.00	ALBAGFEB	Univ.Calgary SC,UCSC
2:04.01	DDOJAN	Dollard Swim Team,DDO
2:04.20	PCSCDEC	Montreal Aquatique,CAMO
2:04.90	OSCDEC	Olympian Swim Club,OSC
2:05.12	OSCDEC	Edmonton Keyano SC,EKSC
2:05.82	PRAIRIE	Manta Aquatic Club,MANTA
2:06.04	DDOJAN	CN Montreal-Nord,CNMN
2:06.22	RODAPR	Goldfin Swim Club,GOLD
2:06.62	DDOJAN	Pointe Claire SC,PCSC
2:07.15	EASTFEB	Newfoundland Aquarena,NAA
2:07.89	EASTFEB	Halifax Trojans,HTAC
2:08.24	HTACAPR	Dartmouth Crusaders,DCSC
2:08.40	PRAIRIE	St.John's AquaKings,SJAK
2:08.70	PRAIRIE	Red Deer Catalina SC,RDCS
2:08.86	HTACAPR	Saint John SC,SJSC
2:08.90	GMACMAR	Dorado SC,STARS
2:09.63	PRAIRIE	Regina Opt.Dolphins,ROD
2:10.21	PCSCDEC	CN Beauport,CNCB
2:10.21	PCSCDEC	Hamilt-Wentworth AC,HWAC
2:11.00	GMACMAR	Burlington Centurions,BSC
2:11.10	GMACMAR	London Y,LYAC
2:11.41	PCSCDEC	Beaconsfield Bluefins,BBF
2:11.53	GMACMAR	Brantford AC,BRANT
2:11.98	LASCAPR	Lethbridge Amateur SC,LAS

1986 LONG COURSE TAG®

GIRLS 13-14

50 METRES FREESTYLE
Rec:0:26.50 L.Mellen,AAC,86
0:26.51 ESSOCUP Lori Mellen,13,AAC
0:27.36 ESSOCUP Janna Promislow,14,EKSC
0:27.90 ESSOCUP Gail Lorentz,14,EKSC
0:27.90 NAACMAR Donna Phelan,13,NAAC
0:28.00 ONTLCJAN Renee Altmann,14,MAC
0:28.00 ONTLCJAN Whitney Ross,14,MUSAC
0:28.20 CDSCAPR Sharon Turner,13,HYACK
0:28.22 ESSOYTH Peggy Ackerl,13,BBF
0:28.30 PQCUP 1 Jennifer Hutchison,13,PCSC
0:28.30 ONTLCJAN Carolyn Ager,14,NSC
0:28.30 ONTLCJAN Jill Johnston,14,ESC
0:28.40 ESSOYTH Monica Buck,13,HYACK
0:28.40 ONTLCJAN Julia Williams,14,MAC
0:28.57 ESSOCUP Julie Vallquette,14,SAMAK
0:28.60 ONTLCJAN Chris Hashimoto,14,ESC
0:28.65 ESSOCUP Julie Leswick,13,WISC
0:28.65 ESSOCUP Nancy Birchenough,14,PCSC
0:28.68 HTACAPR Meaghan Seagrave,13,FYA
0:28.78 ALBAGFEB Glenda Fok,13,OSC
0:28.80 ONTLCJAN Ann-Marie Baranyk,14,TMSC
0:28.80 TOMACFEB Wendy Farrelly,14,HWAC
0:28.80 LASCAPR Francesca Serafini,14,UCSC
0:28.81 CDSCJAN Nancy Lovrinic,14,COSC
0:28.90 DDOJAN Louise Venne,13,PCSC
0:28.90 TOMACFEB Heather Braaten,14,COBRA

100 METRES FREESTYLE
Rec:0:58.04 L.Mellen,AAC,85
0:58.18 ESSOCUP Lori Mellen,13,AAC
0:58.80 ESSOCUP Janna Promislow,14,EKSC
1:00.08 ONTLCJAN Renee Altmann,14,MAC
1:00.41 ESSOCUP Whitney Ross,14,MUSAC
1:00.46 ESSOCUP Nancy Birchenough,14,PCSC
1:00.63 ESSOCUP Elissa Purvis,14,COSC
1:00.88 ESSOCUP Jill Johnston,14,ESC
1:00.98 HYACKJAN Nancy Lovrinic,14,COSC
1:01.08 ESSOYTH Jennifer Hutchison,13,PCSC
1:01.39 ONTLCJAN Chris Hashimoto,14,ESC
1:01.45 ESSOCUP Gail Lorentz,14,EKSC
1:01.51 ESSOCUP Wendy Farrelly,14,HWAC
1:01.67 LUXMBFEB Monica Buck,13,HYACK
1:01.69 ESSOYTH Isabelle Pelland,13,LAVAL
1:01.89 ONTLCJAN Julia Williams,14,MAC
1:01.97 OSCDEC Debbie Gaudin,14,EKSC
1:02.16 ESSOCUP Julie Vallquette,14,SAMAK
1:02.28 ESSOCUP Catherine McQueen,13,GOLD
1:02.34 GODEC Carolyn Ager,14,NSC
1:02.46 CDSCJAN Janice VanderGraaf,14,HYAC
1:02.46 SASKMAR Kim Stobbs,13,GOLO
1:02.60 NAACMAR Anne Stacey,14,NAAC
1:02.65 DDOJAN Nathalie Frechette,13,CSB
1:02.76 ONTLCJAN Jill Skorochod,14,ESC
1:02.77 TOMACFEB Julie Leswick,13,WISC

200 METRES FREESTYLE
Rec:2:03.42 S.Smith,HYACK,76
2:07.84 ESSOCUP Elissa Purvis,14,COSC
2:08.68 ESSOCUP Janna Promislow,14,EKSC
2:09.46 ESSOYTH Jennifer Hutchison,13,PCSC
2:09.54 CDSCAPR Nancy Lovrinic,14,COSC
2:10.37 ONTLCJAN Jill Skorochod,14,ESC
2:10.77 ONTLCJAN Whitney Ross,14,MUSAC
2:10.89 ESSOCUP Jill Johnston,14,ESC
2:11.02 ESSOCUP Jolene Cowan,13,OSC
2:11.08 ONTLCJAN Chris Hashimoto,14,ESC
2:11.42 ONTLCJAN Carolyn Ager,14,NSC
2:11.44 PCSCOEC Wendy Farrelly,14,HWAC
2:11.78 ONTCUP 2 Lori Mellen,13,AAC
2:12.08 ESSOCUP Renee Altmann,14,MAC
2:12.11 ESSOYTH Monica Buck,13,HYACK
2:12.30 PQCUP 1 Nancy Birchenough,14,PCSC
2:12.88 ESSOYTH Michelle Goulet,13,PCSC
2:12.93 MMAPR Brandee Alexander,14,MANTA
2:12.98 ONTCUP 2 Kelly Wilson,14,OSMAC
2:13.47 COSCJAN Corinne Liedtke,14,VICO
2:13.75 ESSOYTH Rebecca Glennie,13,NYAC
2:14.07 ONTLCJAN Suzi Iro,14,LYAC
2:14.22 ONTLCJAN Ann-Marie Andersen,14,ESC
2:14.30 ESSOCUP Catherine McQueen,13,GOLO
2:14.35 GMACMAR Kim Paton,13,BSCC
2:14.38 EASTFEB Anne Stacey,14,NAAC

400 METRES FREESTYLE
Rec:4:14.60 S.Smith,HYACK,76
4:20.17 HYACKJAN Elissa Purvis,14,COSC
4:24.20 COSCJAN Nancy Lovrinic,14,COSC
4:27.00 ESSOCUP Jolene Cowan,13,OSC
4:33.20 COSCJAN Corinne Liedtke,14,VICO
4:34.48 ESSOCUP Heidi Steingart,14,UCSC
4:34.73 CDSCAPR Shelley Chanas,13,CDSC
4:34.75 ONTCUP 2 Jill Skorochod,14,ESC
4:35.63 PCSCOEC Wendy Farrelly,14,HWAC
4:35.76 ESSOYTH Jennifer Hutchison,13,PCSC
4:35.77 ONTLCJAN Chris Hashimoto,14,ESC
4:36.00 ONTCUP 2 Kelly Wilson,14,OSHAC
4:36.25 LUXMBFEB Monica Buck,13,HYACK
4:36.84 PQCUP 1 Nancy Birchenough,14,PCSC
4:37.22 ONTLCJAN Suzi Iro,14,LYAC
4:37.69 ESSOYTH Heidi Wurmann,13,OSC
4:37.92 ESSOYTH Michelle Goulet,13,PCSC
4:38.31 DDOAPR Helene Lavoie,13,CAMO
4:38.76 ONTCUP 2 Renee Altmann,14,MAC
4:40.23 COSCJAN Tracy Jarvis,14,RACER
4:40.51 ESSOYTH Caroline Beaudry,13,ICI
4:40.57 ONTLCJAN Joanne Currah,13,LYAC
4:40.69 ESSOYTH Julie Klein,13,MAC
4:40.76 MMAPR Brandee Alexander,14,MANTA
4:41.35 ONTCUP 2 Kathy Palmer,13,NSC
4:41.72 ONTLCJAN Carolyn Ager,14,NSC

800 METRES FREESTYLE
Rec:8:46.39 S.Smith,HYACK,76
8:49.44 COSCJAN Elissa Purvis,14,COSC
9:05.16 CDSCAPR Nancy Lovrinic,14,COSC
9:05.47 ESSOCUP Jolene Cowan,13,DSC
9:17.61 COSCAPR Corinne Liedtke,14,VICO
9:17.72 CDSCAPR Shelley Chanas,13,CDSC
9:18.08 ESSOCUP Heidi Steingart,14,UCSC
9:26.60 PRAIRIE Heather Anderson,14,MANTA
9:28.21 EASTFEB Anne Stacey,14,NAAC
9:29.45 COSCJAN Lorelei Paton,14,COSC
9:30.37 ODDOAPR Helene Lavoie,13,CAMO
9:31.58 ALBAGFEB Heidi Wurmann,13,OSC
9:33.01 MANSASK Brandee Alexander,14,MANTA
9:33.15 CDSCJAN Tracy Jarvis,14,RACER
9:34.27 ONTCUP 2 Kelly Wilson,14,OSHAC
9:35.47 ESSOYTH Kim Reich,13,GOLO
9:36.90 ONTCUP 2 Jill Skorochod,14,ESC
9:38.30 UCSCJAN Linda Marshall,14,OSC
9:39.08 ESSOYTH Monica Buck,13,HYACK
9:39.72 ESSOYTH Julie Klein,13,MAC
9:39.80 ONTCUP 2 Kathy Palmer,13,NSC
9:40.34 ESSOYTH Michelle Goulet,13,PCSC
9:40.45 ESSOYTH Caroline Beaudry,13,ICI
9:40.52 COSCAPR Julie Ourward,13,COSC
9:40.73 PQSRFEB Lucie Sylvestre,14,ICI
9:41.30 CDSCJAN Mary Buchignani,14,UCSC

100 METRES BACKSTROKE
Rec:1:03.28 N.Garapick,HTAC,76
1:06.86 ESSOCUP Lori Mellen,13,AAC
1:07.13 ESSOCUP Kia Puhm,13,ESC
1:07.60 ESSOCUP Isabelle Pelland,13,LAVAL
1:08.02 ESSOCUP Kim Stobbs,13,GOLO
1:08.90 TOMACFEB Debbie Paterson,14,HWAC
1:08.94 ESSOCUP Ann-Marie Andersen,14,ESC
1:08.96 DDOJAN Louise Venne,13,PCSC
1:09.14 JANLCTRS Krista Brennan,14,UNATT
1:09.18 ESSOCUP Rebecca Glennie,13,NYAC
1:09.40 ESSOCUP Petra Martin,14,OCSC
1:09.45 ESSOCUP Melinda Toldy,14,VICO
1:09.52 PCSCOEC Marie-H. Henry,14,COB
1:09.95 ONTLCJAN Carolyn Kerr,14,ESC
1:10.23 ONTLCJAN Dawn Clarke,14,COBRA
1:10.43 PCSCOEC Jennifer Hutchison,13,PCSC
1:10.43 CDSCJAN Janna Promislow,14,EKSC
1:10.64 ONTCUP 2 Lori Boreen,15,ESC
1:10.70 ESSOCUP Donna Phelan,13,NAAC
1:10.79 ALBAGFEB Deanna DePaoli,13,CASC
1:10.89 ONTCUP 2 Geordie Parkinson,14,ESC
1:11.20 TOMACFEB Jennifer Thompson,13,COBRA
1:11.21 COSCJAN Corinne Liedtke,14,VICO
1:11.25 PQSRFEB Nancy Bedard,14,LAVAL
1:11.53 HTACAPR Kara Bowman,13,ROW
1:11.59 ONTLCJAN Kendal Bradford,14,TBT

200 METRES BACKSTROKE
Rec:2:15.60 N.Garapick,HTAC,76
2:20.90 ESSOCUP Kia Puhm,13,ESC
2:22.59 ESSOCUP Lori Mellen,13,AAC
2:25.52 ESSOCUP Kim Stobbs,13,GOLO
2:25.82 ESSOCUP Rebecca Glennie,13,NYAC
2:27.05 ESSOCUP Ann-Marie Andersen,14,ESC
2:27.17 COSCJAN Melinda Toldy,14,VICO
2:27.31 ESSOCUP Isabelle Pelland,13,LAVAL
2:28.54 ESSOCUP Marie-H. Henry,14,COB
2:28.59 ONTCUP 2 Nancy Gribben,14,YORK
2:29.15 ESSOCUP Petra Martin,14,OCSC
2:29.23 ESSOCUP Corinne Liedtke,14,VICO
2:29.61 DDOAPR Louise Venne,14,PCSC
2:29.66 TOMACFEB Angela Barsotti,14,YORK
2:29.89 ONTLCJAN Debbie Paterson,14,HWAC
2:29.98 PQCUP 1 Jennifer Hutchison,13,PCSC
2:31.49 ONTLCJAN Dawn Clarke,14,COBRA
2:31.50 PQSRFEB Nancy Bedard,14,LAVAL
2:31.78 COSCJAN Rosemarie Neroutsos,14,VIC
2:32.36 ONTLCJAN Christine Jeffrey,13,GMAC
2:32.43 HYACKJAN Elissa Purvis,14,COSC
2:32.60 GMACMAR Kim Paton,13,BSCC
2:32.93 TOMACFEB Catharine McKenna,14,HWAC
2:33.32 PQSRFEB Anne-M. Therrien,13,CAG
2:33.42 HYACKJAN Lorelei Paton,14,COSC
2:33.46 ONTLCJAN Kelly Wilson,14,OSMAC

100 METRES BREASTSTROKE
Rec:1:11.26 G.Cloutier,MTMY,85
1:13.35 PQCUP 1 Guylaine Cloutier,14,MTMY
1:15.88 ESSOCUP Isabelle Nadeau,14,LAVAL
1:16.71 ONTLCJAN Nancy Woodhall,14,ROW
1:16.80 ESSOCUP Karyn Thomson,14,COSC
1:17.33 ESSOCUP Michelle Hastings,14,UCSC
1:17.35 OSCDEC Kathryn Owen,14,CDSC
1:17.77 ONTCUP 2 Nancy Gribben,14,YORK
1:17.77 SASKMAR Leane Maruk,14,GOLD
1:18.00 ESSOCUP Caroline Beaudry,14,ICI
1:18.11 ESSOCUP Tara Higgins,14,ROW
1:18.28 ESSOCUP Robin Hill,14,FFAJ
1:18.31 ESSOYTH Susan Smith,13,ROW
1:18.52 ESSOYTH Olwyn Bruce,13,KAJ
1:18.70 PRAIRIE Brandee Alexander,14,MANTA
1:18.79 BROCKAPR Heather Skulj,13,BROCK
1:19.11 ESSOCUP Oana Labrie,14,AAC
1:19.40 ESSOCUP Lisa Flood,14,PBD
1:19.48 ONTLCJAN Anita Brown,14,ROW
1:19.77 ONTLCJAN Catharine McKenna,14,HWAC
1:19.78 CDSCJAN Janice VanderGraaf,14,HYAC
1:19.79 ESSOYTH Katharine Ratcliffe,13,GO
1:19.91 ONTLCJAN Lilia Molnar,13,NYAC
1:20.02 EASTFEB Bonnie Gillis,14,HTAC
1:20.03 PQCUP 1 Natacha Patry,15,LAVAL
1:20.51 DDOAPR Kristine Stortini,14,SSMAC

200 METRES BREASTSTROKE
Rec:2:33.97 G.Cloutier,MTMY,85
2:37.03 PQCUP 1 Guylaine Cloutier,14,MTMY
2:43.60 LUXMBFEB Susan Smith,13,ROW
2:44.84 ONTLCJAN Nancy Woodhall,14,ROW
2:45.38 ESSOCUP Leane Maruk,14,GOLD
2:45.49 ESSOCUP Michelle Hastings,14,UCSC
2:45.71 ESSOYTH Karyn Thomson,14,COSC
2:46.53 ONTLCJAN Tara Higgins,14,ROW
2:46.69 ESSOYTH Caroline Beaudry,13,ICI
2:48.25 ONTCUP 2 Lisa Flood,14,PBD
2:48.76 TOMACFEB Catharine McKenna,14,HWAC
2:49.84 EASTFEB Bonnie Gillis,14,HTAC
2:49.92 ESSOCUP Brandee Alexander,14,MANTA
2:50.43 ESSOYTH Lilia Molner,13,NYAC
2:50.90 ONTLCJAN Katharine Ratcliffe,13,GO
2:50.93 ODDOAPR Kristine Stortini,14,SSMAC
2:51.38 CDSCJAN Olwyn Bruce,13,KAJ
2:51.61 ONTLCJAN Anita Brown,14,ROW
2:51.82 PRAIRIE Robin Hill,14,FFAJ
2:52.02 ESSOYTH Chantal Pelland,13,DJ
2:52.44 PQSRFEB Isabelle Nadeau,14,LAVAL
2:52.69 PQCUP 1 Natacha Patry,14,LAVAL
2:52.71 ONTLCJAN Julie Anderson,14,OSHAC
2:53.33 ESSOYTH Liane Reid,13,ROD
2:53.75 CDSCJAN Janice VanderGraaf,14,HYAC
2:54.22 ESSOYTH Beth Hollihan,13,EKSC

100 METRES BUTTERFLY
Rec:1:04.06 M.Coulombe,CNMN,79
1:04.61 ESSOCUP Lori Mellen,13,AAC
1:05.69 ONTLCJAN Wendy Farrelly,14,HWAC
1:05.87 ESSOYTH Laurie DeMorest,13,MAC
1:06.18 ESSOYTH Louise Venne,13,PCSC
1:06.39 ESSOCUP Krista Brennan,14,UNATT
1:06.64 ESSOCUP Janna Promislow,14,EKSC
1:06.77 ESSOCUP Candace Yustin,14,TOMAC
1:06.94 COSCAPR Roberta Watt,14,PSW
1:06.99 OSCDEC Debbie Gaudin,14,EKSC
1:07.00 ESSOCUP Gail Lorentz,14,EKSC
1:07.07 ESSOYTH Jennifer Thompson,13,COBRA
1:07.33 EASTFEB Lynne Patterson,14,OCSC
1:07.37 ONTCUP 2 Nathalie Belanger,13,NSC
1:07.38 CDSCJAN Tracy Jarvis,14,RACER
1:07.76 ESSOYTH Anne-M. Therrien,13,CAG
1:07.80 COSCJAN Nancy Lovrinic,14,CDSC
1:08.18 PRAIRIE Heather Anderson,14,MANTA
1:08.22 ONTLCJAN Suzi Iro,14,LYAC
1:08.48 ESSOYTH Shay McNicol,13,BRANT
1:08.76 LUXMBFEB Heidi Wurmann,13,OSC
1:08.83 ESSOCUP Karen Sewell,13,GO
1:08.87 COSCJAN Rosemarie Neroutsos,14,VIC
1:08.97 ESSOYTH Lisa Jansen,13,ESC
1:09.06 ALBAGFEB Maria Gaudin,12,EKSC
1:09.15 LUXMBFEB Susan Smith,13,ROW

200 METRES BUTTERFLY
Rec:2:17.62 S.Dufour,CRY,85
2:22.60 ESSOYTH Heidi Wurmann,13,OSC
2:22.82 ESSOYTH Laurie DeMorest,13,MAC
2:23.54 ONTLCJAN Wendy Farrelly,14,HWAC
2:23.65 ESSOCUP Shay McNicol,13,BRANT
2:24.24 ESSOYTH Louise Venne,13,PCSC
2:24.54 HYACKJAN Nancy Lovrinic,14,CDSC
2:25.26 ESSOCUP Karen Sewell,13,GO
2:26.42 PQSRFEB Guylaine Cloutier,14,MTMY
2:26.48 MANSASK Heather Anderson,14,MANTA
2:26.75 ESSOCUP Krista Brennan,14,UNATT
2:27.29 ONTLCJAN Chris Hashimoto,14,ESC
2:28.03 ONTLCJAN Suzi Iro,14,LYAC
2:28.29 RODAPR Kim Stobbs,13,GOLD
2:29.31 GODEC Bobbi Hawes,14,GO
2:30.32 RODAPR Jennifer Sparks,14,GOLO
2:30.54 PQCUP 1 Jennifer Hutchison,13,PCSC
2:30.71 ESSOYTH Susan Smith,13,ROW
2:30.71 ALBAGFEB Maria Gaudin,12,EKSC
2:30.88 HYACKJAN Tracy Jarvis,14,RACER
2:31.02 ESSOYTH Caroline Beaudry,13,ICI
2:31.05 ESSOYTH Anne-M. Therrien,13,CAG
2:31.16 EASTFEB Lynne Patterson,14,DCSC
2:31.76 COSCAPR Suzanne Brown,14,VPSC
2:31.91 CDSCAPR Rosemarie Neroutsos,14,VIC
2:32.22 OSCDEC Sandra Timma,14,DSC

200 METRES IND.MEDLEY
Rec:2:20.19 J.McElroy,ROW,84
2:24.89 ESSOYTH Lori Mellen,13,AAC
2:25.01 ESSOCUP Janna Promislow,14,EKSC
2:25.48 CDSCJAN Nancy Lovrinic,14,CDSC
2:26.77 ESSOYTH Isabelle Pelland,13,LAVAL
2:27.15 ESSUYTH Susan Smith,13,ROW
2:27.83 MANSASK Kristen Clark,15,HOD
2:28.18 ESSOYTH Caroline Beaudry,13,ICI
2:28.60 TOMACFEB Catharine McKenna,14,HWAC
2:29.32 PQSRFEB Guylaine Cloutier,14,MTMY
2:29.69 ESSOCUP Suzi Iro,14,LYAC
2:31.15 PQSRFEB Isabelle Nadeau,14,LAVAL
2:31.21 ONTCUP 2 Nancy Gribben,14,YORK
2:31.58 ESSOCUP Candace Yustin,14,TOMAC
2:31.70 OSCDEC Gail Lorentz,14,EKSC
2:32.19 ESSOYTH Kia Puhm,13,ESC
2:32.23 ONTLCJAN Carolyn Ager,14,NSC
2:32.32 ESSOYTH Kim Stobbs,13,UNATT
2:32.34 ONTLCJAN Wendy Farrelly,14,HWAC
2:32.51 MANSASK Robin Hill,14,FFAJ
2:32.68 ONTCUP 2 Rebecca Glennie,13,NYAC
2:32.74 PQSRFEB Nancy Bedard,14,LAVAL
2:32.75 ESSOYTH Jennifer Hutchison,13,PCS
2:32.80 ESSOYTH Louise Venne,13,PCSC
2:32.88 MMAPR Heather Anderson,14,MANTA
2:33.03 PQSRFEB Chantal Pelland,13,OJ

400 METRES IND.MEDLEY
Rec:4:52.57 O.McGinnis,EKSC,83
5:04.12 CDSCJAN Nancy Lovrinic,14,COSC
5:07.20 CDSCJAN Elissa Purvis,14,COSC
5:09.80 ESSOYTH Isabelle Pelland,13,LAVAL
5:09.91 ESSOYTH Susan Smith,13,ROW
5:10.92 ESSOCUP Caroline Beaudry,14,ICI
5:10.97 PQCUP 1 Guylaine Cloutier,14,MTMY
5:13.71 ESSOCUP Suzi Iro,14,LYAC
5:13.90 ONTLCJAN Nancy Gribben,14,YORK
5:17.10 GODEC Bobbi Hawes,14,GO
5:17.14 COSCJAN Corinne Liedtke,14,VICO
5:18.15 ESSOYTH Louise Venne,13,PCSC
5:19.03 CDSCJAN Tracy Jarvis,14,RACER
5:19.06 ONTLCJAN Joanne Currah,13,LYAC
5:19.55 ESSOCUP Shay McNicol,13,BRANT
5:19.56 ESSOYTH Liane Reid,13,ROD
5:20.13 MMAPR Heather Anderson,14,MANTA
5:20.21 ESSOYTH Kia Puhm,13,ESC
5:20.36 ALBAGFEB Jolene Cowan,13,OSC
5:20.57 ONTLCJAN Laurie DeMorest,13,MAC
5:20.61 ONTLCJAN Lilia Molnar,13,NYAC
5:20.71 ESSOYTH Kim Stobbs,13,UNATT
5:20.98 COSCJAN Lorelei Paton,14,CDSC
5:21.32 ALBAGFEB Heidi Wurmann,13,OSC
5:21.44 PQSRFEB Isabelle Nadeau,14,LAVAL
5:22.35 DDOAPR Leanne Thorpe,13,GO

4X50 MEDLEY RELAY
Rec:2:05.68 Edm.Keyano,EKSC,85
2:10.08 RODAPR Goldfin Swim Club,GOLO
2:11.83 PCSCOEC Pointe Claire SC,PCSC
2:12.08 PCSCDEC CN Laval,LAVAL
2:13.41 UCSCJAN Edmonton Keyano SC,EKSC
2:13.83 MANSASK St.John's AquaKings,SJAK
2:15.13 ALBAGFEB Cascade Swim Club,CASC
2:15.20 EASTFEB Newfoundland Aquarena,NAA
2:16.12 EASTFEB Dartmouth Crusaders,DCSC
2:16.12 ALBAGFEB Univ.Calgary SC,UCSC
2:16.32 HTACAPR Halifax Trojans,HTAC
2:16.37 DDOJAN Beaconsfield Bluefins,BBF
2:17.14 LASCJAN Lethbridge Amateur SC,LAS
2:17.19 DDOJAN Cachalots St-Bruno,CSB
2:17.78 ESSOYTH Glouc-Ottawa Kingfish,GO
2:18.09 GMACMAH Kit-Waterloo Y,KWY
2:18.60 HTACAPR Saint John SC,SJSC
2:18.66 ALBAGFEB Olympian Swim Club,OSC
2:18.81 PCSCOEC Hamilt-Wentworth AC,HWAC
2:19.79 MANSASK Selkirk Dolphins,SD
2:20.32 DDOJAN Samak de Brossard,SAMAK
2:20.47 GMACMAR Markham AC,MAC
2:20.48 PCSCDEC Natation Longueuil,ENL
2:20.56 RODAPR Regina Opt.Dolphins,ROD
2:20.58 LASCAPR Red Deer Catalina SC,RDCS
2:21.07 HTACAPR Cape Breton Dorados,CBD

4X50 FREE RELAY
Rec:1:53.08 Edm.Keyano,EKSC,85
1:56.77 PCSCOEC Pointe Claire SC,PCSC
1:57.11 MANSASK St.John's AquaKings,SJAK
1:57.20 RODAPR Goldfin Swim Club,GOLO
1:58.00 ESSOYTH Etobicoke SC,ESC
1:58.07 PCSCOEC Hamilt-Wentworth AC,HWAC
1:58.69 ALBAGFEB Olympian Swim Club,OSC
1:58.74 ESSOYTH North York AC,NYAC
1:58.74 ALBAGFEB Edmonton Keyano SC,EKSC
1:59.63 EASTFEB Newfoundland Aquarena,NAA
2:00.44 ALBAGFEB Cascade Swim Club,CASC
2:00.58 DDOJAN Cachalots St-Bruno,CSB
2:00.78 GMACMAH Whitby Iroquois SC,WISC
2:01.18 PRAIRIE Manta Aquatic Club,MANTA
2:01.21 DDOJAN Beaconsfield Bluefins,BBF
2:01.41 EASTFEB Dartmouth Crusaders,DCSC
2:01.86 ALBAGFEB Univ.Calgary SC,UCSC
2:01.91 DDOJAN CN Montreal-Nord,CNMN
2:02.55 GMACMAR Markham AC,MAC
2:02.88 GMACMAH Kit-Waterloo Y,KWY
2:03.44 HTACAPR Halifax Trojans,HTAC
2:03.58 PRAIRIE Thun Bay Thunderbolts,TBT
2:03.72 HTACAPR Cape Breton Dorados,CBD
2:04.07 PRAIRIE Selkirk Dolphins,SD
2:04.22 PRAIRIE Manitoba Marlins,MM
2:04.24 ALBAGFEB Fort McMurray SC,FMSC

1986 LONG COURSE TAG®

GIRLS 15-17

400 METRES FREESTYLE
Rec:4:14.49 D.Wurzburger,LYAC,85
4:14.49 ESSOCUP Donna McGinnis,17,ESC
4:19.44 ESSOCUP Debbie Wurzburger,16,LYAC
4:19.28 ESSOCUP Sara Frisby,16,CDSC
4:19.37 ESSOCUP Kim Milne,16,LYAC
4:19.63 ESSOCUP Sophie Dufour,15,CRY
4:22.43 ESSOCUP Hallie Peppin,17,NYAC
4:23.99 ESSOCUP Susan Barnes,16,UCSC
4:24.00 ESSOCUP Shelley Voyer,17,MANTA
4:24.90 ESSOCUP Jennifer Smith,16,BROCK
4:25.94 USOPEN85 Jane Kerr,17,ESC
4:27.82 PQSRFEB Patricia Noall,15,BBF
4:27.82 CDSCAPR Elissa Purvis,15,CDSC
4:28.39 PQCUP 1 Carol Docherty,17,PCSC
4:29.88 ESSOCUP Chris Condello,17,HWAC
4:30.75 ESSOCUP Allison Cumming,17,OCSC
4:31.14 CDSCAPR Sally Gilbert,16,CDSC
4:32.05 ESSOCUP Linda Gardiner,17,ROW
4:32.27 ESSOCUP Hannelore Wurmann,16,OSC
4:32.68 ESSOCUP Brenda Moore,15,PCSC
4:33.18 ONTCUP 2 Caroline Teskey,17,ESC
4:33.85 CDSCJAN Allison Gilbert,17,CDSC
4:34.18 PQCUP 1 Stacey Struthers,15,PCSC
4:34.25 PQSRFEB Julie Lefebvre,15,POM
4:34.73 ESSOCUP Jill Greenlaw,17,HTAC
4:34.78 CDSCJAN Stephanie Howes,16,NRST

100 METRES BREASTSTROKE
Rec:1:10.63 A.Uttenbrite,AAC,83
1:13.51 ESSOCUP Krista Burris,17,SACS
1:13.90 ESSOCUP Kalli Salmon,16,NSC
1:14.57 ESSOCUP Susan Atkey,16,OCSC
1:14.61 USOPEN85 Genevieve Biron,16,UNATT
1:14.93 ESSOCUP Keltie Byrne,15,EKSC
1:15.13 ESSOCUP Nancy Woodhall,15,HOW
1:15.30 ESSOCUP Kathryn Owen,15,CDSC
1:15.90 ESSOCUP Nancy Gribben,15,YORK
1:16.85 ONTCUP 2 Jennifer McElroy,16,ROW
1:16.93 ESSOCUP Keltie Duggan,15,EKSC
1:17.27 ESSOCUP Marie-J. Auger,15,POM
1:17.45 USOPEN85 Suzi Howard,16,MUSAC
1:18.35 ALBAGFEB Leigh A. Martinson,15,EKSC
1:18.43 ESSOCUP Marie-C. Potvin,15,SAMAK
1:18.97 ESSOCUP Natacha Patry,15,LAVAL
1:19.04 PQSRFEB Kathleen Marceau,15,JUVA
1:19.80 ONTCUP 2 Allson Dozzo,17,ESC
1:19.81 PCSCOEC Isabelle Bernard,15,PCSC
1:19.84 ONTCUP 2 Janet Hyslop,17,KA
1:19.93 CDSCJAN Aleta Grant,16,RACER
1:20.02 EASTFEB Michelle Deveau,17,OCSC
1:20.05 ALBAGFEB Hannelore Wurmann,16,USC
1:20.06 ESSOCUP Paula Pelley,16,CVAC
1:20.06 ESSOCUP Nathalie Hetu,16,CNSL
1:20.08 ESSOCUP Valerie Georgiev,16,CAJ

200 METRES IND.MEDLEY
Rec:2:18.00 M.MacPherson,ESC,83
2:18.93 ESSOCUP Jane Kerr,17,ESC
2:21.24 ESSOCUP Jennifer McElroy,16,ROW
2:21.30 ESSOCUP Allson Dozzo,17,ESC
2:22.37 ESSOCUP Keltie Byrne,15,EKSC
2:24.15 ESSOCUP Patricia Noall,15,BBF
2:24.97 ESSOCUP Chris Hashimoto,15,ESC
2:25.74 ESSOCUP Allson Gilbert,17,CDSC
2:26.10 ESSOCUP Kalli Salmon,16,NSC
2:26.24 PQCUP 1 Marie-A. Lafontaine,15,SAM
2:26.97 ESSOCUP Linda Gardiner,17,ROW
2:27.17 HYACKJAN Sara Frisby,16,CDSC
2:27.36 ESSOCUP Cara Orlitz,16,MANTA
2:27.69 ESSOCUP Tine Manryk,15,BBF
2:28.55 ESSOCUP Susan Atkey,16,UCSC
2:29.13 ESSOCUP Genevieve Biron,16,UNATT
2:29.30 ESSOCUP Helene Dore,17,CAP
2:29.60 CDSCJAN Annabel Bicknell,15,HYACK
2:29.61 ESSOCUP Claudie Besner,15,ENL
2:29.82 ESSOCUP Lisa Woods,16,CHENA
2:29.89 CDSCJAN Hannelore Wurmann,16,OSC
2:29.94 ESSOCUP Shelley Pfleger,17,MANTA
2:30.14 ESSOCUP Kristen Clark,15,ROD
2:30.28 ESSOCUP Chris Condello,17,HWAC
2:30.87 ONTCUP 2 Erin Anderson,16,ESC
2:31.04 HYACKJAN Cindy Mabee,16,HYACK

50 METRES FREESTYLE
Rec:[illegible] A.Nugent,UCSC,86
[illegible] ESSOCUP Andrea Nugent,17,UCSC
[illegible] ESSOCUP Pascale Choquet,16,CNB
[illegible] ESSOCUP Jane Kerr,17,ESC
[illegible] ESSOCUP Allson Gilbert,17,CDSC
[illegible] ESSOCUP Wendy Trempe,15,AAC
[illegible] ESSOCUP Jennifer Lalley,16,BROCK
[illegible] ESSOCUP Katherine Josey,17,UCSC
[illegible] ESSOCUP Chantal Durocher,16,SAMAK
[illegible] PQCUP 1 Christine Lesserd,16,CNSL
[illegible] CDSCJAN Kelly Quick,16,HYACK
[illegible] ESSOCUP Jennifer Raymond,16,LAVAL
[illegible] ONTCUP 2 Karl Roberts,17,UMAC
[illegible] PQCUP 1 Marie-L. Saette,15,ROW
[illegible] PQSRFEB Patricia Noall,15,BBF
[illegible] NAACMAR Fiona Costello,16,NAAC
[illegible] CDSCJAN Rose Vogelaar,17,UCSC
[illegible] ESSOCUP Karlene Martinson,17,EKSC
[illegible] PQSRFEB Andrea Seguin,15,CAMO
[illegible] ONTCUP 2 Carolyn Ager,14,NSC
[illegible] ESSOCUP Keltie Byrne,15,EKSC
[illegible] PRAIRIE Erin Murphy,16,MANTA
[illegible] BROCKAPR Andrea Papamandjaris,15,TA
[illegible] ESSOCUP Tine Manryk,15,BBF
[illegible] CDSCJAN Rebecca Bowden,16,UCSC
[illegible] ESSOCUP Manon Simard,17,SAMAK

800 METRES FREESTYLE
Rec:8:39.19 D.Wurzburger,LYAC,85
8:39.89 ESSOCUP Debbie Wurzburger,16,LYAC
8:46.47 ESSOCUP Donna McGinnis,17,ESC
8:49.20 ESSOCUP Kim Milne,16,LYAC
8:52.64 ESSOCUP Sara Frisby,16,CDSC
8:52.64 ESSOCUP Sophie Dufour,15,CRY
8:53.94 ESSOCUP Susan Barnes,16,UCSC
9:00.38 ESSOCUP Hallie Peppin,17,NYAC
9:02.44 CDSCAPR Elissa Purvis,15,CDSC
9:04.47 ESSOCUP Shelley Voyer,17,MANTA
9:08.16 ESSOCUP Jennifer Smith,16,BROCK
9:18.77 CDSCJAN Hannelore Wurmann,16,OSC
9:19.08 ESSOCUP Allison Cumming,17,UCSC
9:20.30 ESSOCUP Gisele Roy,15,CNS
9:20.43 ESSOCUP Brenda Moore,15,PCSC
9:20.50 ONTCUP 2 Carol Docherty,17,PCSC
9:20.66 PQSRFEB Patricia Noall,15,BBF
9:22.06 ESSOCUP Pamela Tadgell,16,BBF
9:22.15 PQSRFEB Stacey Struthers,15,PCSC
9:22.17 ESSOCUP Jill Greenlaw,17,HTAC
9:23.75 ESSOCUP Julie Lefebvre,15,POM
9:27.65 MANSASK Kristen Clark,15,ROD
9:28.53 CDSCJAN September McGill,15,OCSC
9:31.26 CDSCJAN Terasa Buchignani,17,UCSC
9:31.83 USOPEN85 Linda Gardiner,17,ROW
9:33.44 UCSCJAN Judy Cowan,17,USC

200 METRES BREASTSTROKE
Rec:2:30.55 A.Uttenbrite,AAC,83
2:37.30 ESSOCUP Susan Atkey,16,UCSC
2:38.64 ESSOCUP Nancy Woodhall,15,ROW
2:39.25 ESSOCUP Kalli Salmon,16,NSC
2:40.41 ESSOCUP Krista Burris,17,SACS
2:40.43 ESSOCUP Keltie Byrne,15,EKSC
2:44.85 ESSOCUP Nancy Gribben,15,YORK
2:46.20 ESSOCUP Kathryn Owen,15,CDSC
2:46.79 ESSOCUP Hannelore Wurmann,16,OSC
2:47.53 ESSOCUP Genevieve Biron,16,UNATT
2:47.92 ONTCUP 2 Jennifer McElroy,16,ROW
2:48.03 ESSOCUP Keltie Duggan,15,EKSC
2:49.40 ESSOCUP Suzi Howard,16,MUSAC
2:50.17 ESSOCUP Marie-J. Auger,15,POM
2:51.00 CDSCJAN Sara Frisby,16,CDSC
2:51.05 ESSOCUP Valerie Georgiev,16,CAJ
2:51.95 ESSOCUP Nathalie Hetu,16,CNSL
2:51.96 ESSOCUP Paula Pelley,16,CVAC
2:52.04 CDSCJAN Roberta Toldy,17,BMAC
2:52.04 TOMACFEB Kristi Lowe,15,UNATT
2:52.10 ESSOCUP Natacha Patry,15,LAVAL
2:52.52 TOMACFEB Stephanie Schulz,15,MAC
2:52.88 HYACKJAN Aleta Grant,16,RACER
2:53.03 PQSRFEB Kathleen Marceau,15,JUVA
2:53.21 CDSCJAN Helen Arandelovic,17,HYACK
2:53.89 PRAIRIE Cara Orlitz,16,MANTA

400 METRES IND.MEDLEY
Rec:4:48.10 C.Gibson,CDSC,76
4:50.17 ESSOCUP Donna McGinnis,17,ESC
4:56.31 ESSOCUP Sara Frisby,16,CDSC
4:56.76 ESSOCUP Allson Dozzo,17,ESC
4:57.78 ESSOCUP Jennifer McElroy,16,HOW
4:59.99 ESSOCUP Caroline Teskey,17,ESC
5:00.83 ESSOCUP Keltie Byrne,15,EKSC
5:01.47 ESSOCUP Linda Gardiner,17,ROW
5:01.80 PQCUP 1 Patricia Noall,15,BBF
5:05.82 PQSRFEB Sophie Dufour,15,CRY
5:06.00 ESSOCUP Hannelore Wurmann,16,OSC
5:06.55 ESSOCUP Kristen Clark,15,HOD
5:08.51 ESSOCUP Anne Taylor,16,EKSC
5:09.18 USOPEN85 Kalli Quinn,17,UNATT
5:09.82 ESSOCUP Helen Arandelovic,17,HYACK
5:11.98 ESSOCUP Marie-A. Lafontaine,16,SAM
5:11.98 ESSOCUP Mojca Cater,16,ESC
5:12.07 ESSOCUP Judy Cowan,17,OSC
5:12.98 ESSOCUP Adrienne Kovacs,15,ESC
5:14.08 GODEC Kalli Salmon,16,NSC
5:15.19 CDSCJAN Annabel Bicknell,15,HYACK
5:15.19 ESSOCUP Allison Cumming,17,UCSC
5:15.31 CDSCJAN Cindy Mabee,16,HYACK
5:16.92 ESSOCUP Shelley Pfleger,17,MANTA
5:17.21 CDSCJAN Susan Atkey,16,OCSC
5:17.61 BROCKAPR Jennifer Smith,16,BROCK

100 METRES FREESTYLE
Rec:56.81 C.Kilmoel,SSAC,80
[illegible]57.39 ESSOCUP Jane Kerr,17,ESC
[illegible]57.64 ESSOCUP Patricia Noall,15,BBF
[illegible]57.72 ESSOCUP Andrea Nugent,17,UCSC
[illegible]59.20 ESSOCUP Katherine Josey,17,UCSC
[illegible]59.40 ESSOCUP Wendy Trempe,15,AAC
[illegible]59.65 ESSOCUP Sophie Dufour,15,CRY
[illegible]59.87 ESSOCUP Chantal Durocher,16,SAMAK
[illegible]59.88 ESSOCUP Allson Gilbert,17,CDSC
[illegible]00.04 ESSOCUP Chris Hashimoto,15,ESC
[illegible]00.24 ESSOCUP Lara Bohatyretz,16,ESC
[illegible]00.34 ESSOCUP Suzy Stanton,16,CHENA
[illegible]00.56 ESSOCUP Manon Simard,17,SAMAK
[illegible]00.60 ESSOCUP Kim Milne,16,LYAC
[illegible]00.78 ESSOCUP Hallie Peppin,17,NYAC
[illegible]00.81 ESSOCUP Kelly Quick,16,HYACK
[illegible]00.82 ESSOCUP Jennifer Lalley,16,BROCK
[illegible]00.94 ESSOCUP Jennifer Raymond,16,LAVAL
[illegible]00.98 ESSOCUP Chris Condello,17,HWAC
[illegible]00.99 ESSOCUP Andrea Seguin,16,CAMO
[illegible]01.01 PQSRFEB Claude Prouix,15,SELCT
[illegible]01.09 ESSOCUP Jennifer McPherson,15,ROW
[illegible]01.10 CDSCAPR Sally Gilbert,16,CDSC
[illegible]01.15 BROCKAPR Andrea Papamandjaris,15,TA
[illegible]01.31 ESSOCUP Carolyn Reeder,15,CHENA
[illegible]01.33 CDSCJAN Rebecca Bowden,16,UCSC

100 METRES BACKSTROKE
Rec:1:04.11 O.Senechal,CAMO,80
1:05.37 ESSOCUP Pascale Choquet,16,CNB
1:06.08 ESSOCUP Manon Simard,17,SAMAK
1:06.71 ESSOCUP Genevieve Paquette,15,CNB
1:06.82 USOPEN85 Kalli Quinn,17,UNATT
1:06.96 CDSCJAN Simone Hindmarch,17,UCSC
1:07.28 ESSOCUP Cindy Mabee,16,HYACK
1:07.28 ESSOCUP Caroline Teskey,17,ESC
1:07.87 MANSASK Andrea Lefort,15,ROD
1:07.89 ESSOCUP Anne Barnes,15,VICO
1:08.57 ESSOCUP Lori Borean,15,ESC
1:08.75 PQCUP 1 Jennifer McPherson,15,ROW
1:09.01 PRAIRIE Debbie Trapp,16,SO
1:09.26 ESSOCUP Suzy Stanton,16,CHENA
1:09.38 ONTCUP 2 Kira Leskew,16,MUSAC
1:09.43 TOMACFEB Dawn Clarke,15,COBRA
1:09.48 CDSCJAN Annabel Bicknell,15,HYACK
1:09.55 ESSOCUP Justine McCarthy,16,ESC
1:09.90 ESSOCUP Gina DeLorenzi,15,SSMAC
1:10.02 ALBAGFEB Melissa Lovatt,15,EKSC
1:10.12 PRAIRIE Julie Quant,15,MM
1:10.14 PQSRFEB Janet O'Brien,16,ODO
1:10.27 ONTCUP 2 Jennifer McElroy,16,ROW
1:10.48 CDSCJAN Stephanie Howes,16,NRST
1:10.59 ESSOCUP Marie-A. Lafontaine,16,SAM.
1:10.78 DDOJAN Claudia Besner,15,ENL

100 METRES BUTTERFLY
Rec:1:01.38 M.MacPherson,ESC,83
1:03.88 ESSOCUP Elizabeth Gyuran,17,ESC
1:03.97 ESSOCUP Andrea Nugent,17,UCSC
1:03.99 ESSOCUP Anne Taylor,16,EKSC
1:04.02 USOPEN85 Robin Rugglero,19,CAMO
1:04.85 ESSOCUP Sally Gilbert,15,CDSC
1:04.90 ESSOCUP Allson Dozzo,17,ESC
1:05.00 ESSOCUP Jennifer Raymond,16,LAVAL
1:05.03 ESSOCUP Adrienne Kovacs,15,ESC
1:05.64 ESSOCUP Michelle Vratnik,15,ESC
1:05.75 PQCUP 1 Sophie Dufour,15,CRY
1:05.76 ONTCUP 2 Donna McGinnis,17,ESC
1:05.90 ESSOCUP Mojca Cater,16,ESC
1:06.00 ESSOCUP Chantal Durocher,16,SAMAK
1:06.10 ESSOCUP Helene Dore,17,CAP
1:06.11 ESSOCUP Helen Arandelovic,17,HYACK
1:06.35 ESSOCUP Lori Timgren,15,SO
1:06.38 ESSOCUP Debbie Gaudin,15,EKSC
1:06.44 ESSOCUP Claudie Besner,15,ENL
1:06.57 ONTCUP 2 Jane Kerr,17,ESC
1:06.71 CDSCJAN Lisa Woods,16,CHENA
1:06.76 ESSOCUP Julienne Hicken,16,ESC
1:06.91 ESSOCUP Manon Simard,17,SAMAK
1:07.06 CDSCJAN Anne Barnes,15,VICO
1:07.11 ESSOCUP Isabelle Charron,17,SAMAK
1:07.15 PQCUP 1 Krista Sanders,16,LYAC

4X50 MEDLEY RELAY
Rec:1:59.20 Pt-Claire,PCSC,76
2:06.74 ALBAGFEB Univ.Calgary SC,UCSC
2:10.52 EASTFEB Newfoundland Aquarena,NAAC
2:11.09 EASTFEB Codiac Vikings,CVAC
2:11.10 HYACKJAN Hyack Swim Club,HYACK
2:11.57 MANSASK Regina Upt.Dolphins,ROD
2:11.95 EASTFEB Dartmouth Crusaders,OCSC
2:12.25 ALBAGFEB Edmonton Keyano SC,EKSC
2:12.56 CDSCAPR Canadian Dolphin SC,COSC
2:13.54 MANSASK Selkirk Dolphins,SO
2:13.90 ALBAGFEB Olympian Swim Club,USC
2:13.95 HYACKJAN Richmond Racers,RACER
2:14.02 PCSCOEC CN Laval,LAVAL
2:14.16 HYACKJAN Chena Swim Club,CHENA
2:14.62 PCSCOEC Hamilt-Wentworth AC,HWAC
2:14.82 EASTFEB Truro Centurions,TCSC
2:15.16 MANSASK Manta Aquatic Club,MANTA
2:15.36 PCSCOEC Pointe Claire SC,PCSC
2:16.01 ALBAGFEB Cascade Swim Club,CASC
2:16.49 HYACKJAN Goldfin Swim Club,GOLO
2:17.06 DDOJAN Dollard Swim Team,DDO
2:17.08 DDOAPR CN St-Laurent,CNSL
2:17.92 DDOJAN CA Rich-LaSalle,CALAC
2:18.12 GMACMAR Markham AC,MAC
2:18.13 HYACKJAN Victoria Olympians,VICO
2:19.32 MANSASK Manitoba Marlins,MM

200 METRES FREESTYLE
Rec:2:01.38 J.Kerr,ESC,85
2:02.62 ESSOCUP Jane Kerr,17,ESC
2:03.50 ESSOCUP Patricia Noall,15,BBF
2:03.83 ESSOCUP Sophie Dufour,15,CRY
2:04.09 ESSOCUP Donna McGinnis,17,ESC
2:04.48 ESSOCUP Debbie Wurzburger,16,LYAC
2:05.43 ESSOCUP Jennifer McElroy,16,ROW
2:06.23 ESSOCUP Kim Milne,16,LYAC
2:06.85 ESSOCUP Sara Frisby,16,CDSC
2:07.69 ESSOCUP Chris Hashimoto,15,ESC
2:07.72 ESSOCUP Susan Barnes,16,UCSC
2:07.93 ESSOCUP Hallie Peppin,17,NYAC
2:08.11 ESSOCUP Sally Gilbert,15,CDSC
2:08.12 ESSOCUP Jennifer Smith,16,BROCK
2:08.64 ESSOCUP Allson Gilbert,17,CDSC
2:08.84 CDSCAPR Elissa Purvis,15,CDSC
2:09.10 ESSOCUP Lara Bohatyretz,16,ESC
2:09.30 ESSOCUP Chris Condello,17,HWAC
2:09.64 ESSOCUP Katherine Josey,17,UCSC
2:09.73 ESSOCUP Carolyn Reeder,15,CHENA
2:09.75 ESSOCUP Andrea Nugent,17,UCSC
2:09.94 ESSOCUP Shelley Voyer,17,MANTA
2:10.10 ESSOCUP Suzy Stanton,16,CHENA
2:10.79 ESSOCUP Chantal Durocher,16,SAMAK
2:11.32 PQCUP 1 Chantal Mikolsi,15,CAMO
2:11.42 ESSOCUP Cara Orlitz,16,MANTA

200 METRES BACKSTROKE
Rec:2:16.81 J.Boullanne,PCSC,80
2:19.81 ESSOCUP Pascale Choquet,16,CNB
2:20.58 ESSOCUP Caroline Teskey,17,ESC
2:20.95 ESSOCUP Kalli Quinn,17,UNATT
2:21.61 ESSOCUP Cindy Mabee,16,HYACK
2:23.55 ESSOCUP Andrea Lefort,15,ROD
2:23.55 ESSOCUP Manon Simard,17,SAMAK
2:24.56 ESSOCUP Nancy Gribben,15,YORK
2:25.34 ESSOCUP Genevieve Paquette,15,CNB
2:26.24 UCSCJAN Simone Hindmarch,17,UCSC
2:26.30 ESSOCUP Becky Palmer,16,HWAC
2:27.05 ESSOCUP Debbie Trapp,16,SO
2:27.10 ESSOCUP Stephanie Howes,16,NRST
2:27.40 ONTCUP 2 Janet McKetsy,15,LUSC
2:27.86 ESSOCUP Jennifer McPherson,15,ROW
2:28.11 ESSOCUP Justine McCarthy,16,ESC
2:28.22 ESSOCUP Suzy Stanton,16,CHENA
2:28.45 HYACKJAN Sara Frisby,16,CDSC
2:28.54 CDSCAPR Anne Barnes,15,VICO
2:28.55 ESSOCUP Lori Borean,15,ESC
2:29.10 TOMACFEB Theresia Arnott,15,UNATT
2:29.18 ESSOCUP Julia Quant,15,UNATT
2:29.77 CDSCJAN Annabel Bicknell,15,HYACK
2:29.94 PQCUP 1 Sara Strutners,15,PCSC
2:30.44 PQCUP 1 Marie-A. Lafontaine,15,SAM
2:30.94 ALBAGFEB Judy Cowan,17,OSC

200 METRES BUTTERFLY
Rec:2:11.72 O.McGinnis,EKSC,85
2:12.44 USOPEN85 Donna McGinnis,17,ESC
2:16.07 ESSOCUP Anne Taylor,16,EKSC
2:17.62 ESSOCUP Adrienne Kovacs,15,ESC
2:19.00 ESSOCUP Mojca Cater,16,ESC
2:20.31 ESSOCUP Helene Dore,17,CAP
2:20.38 ESSOCUP Linda Gardiner,17,ROW
2:21.00 ESSOCUP Helen Arandelovic,17,HYACK
2:21.83 PQCUP 1 Sophie Dufour,15,CRY
2:22.40 ESSOCUP Michelle Vratnik,15,ESC
2:22.79 ONTCUP 2 Elizabeth Gyuran,17,ESC
2:23.18 MANSASK Kristen Clark,15,ROD
2:23.77 ESSOCUP Jennifer Raymond,16,LAVAL
2:23.95 CDSCAPR Sally Gilbert,16,CDSC
2:24.62 UNTCUP 2 Kim Samel,15,ESC
2:24.83 CDSCAPR Lisa Woods,17,CHENA
2:25.00 ESSOCUP September McGill,16,UCSC
2:25.85 ESSOCUP Krista Sanders,16,LYAC
2:25.88 ESSOCUP Anna Jensen,16,TOMAC
2:26.21 ONTCUP 2 Debbie Wurzburger,16,LYAC
2:26.32 ESSOCUP Tracy Lowe,16,VICO
2:27.27 BROCKAPR Jennifer Smith,16,BROCK
2:27.37 ONTCUP 2 Allson Dozzo,17,ESC
2:27.42 PQCUP 1 Laurie Wallace,16,PCSC
2:27.56 ESSOCUP Nicki Cox,16,ESC
2:28.15 PQSRFEB Anne Mercure,15,LAVAL

4X50 FREE RELAY
Rec:1:49.94 Thunder Bay,TBT,76
1:54.82 HYACKJAN Canadian Dolphin SC,COSC
1:55.83 ALBAGFEB Edmonton Keyano SC,EKSC
1:56.04 EASTFEB Newfoundland Aquarena,NAAC
1:56.27 PCSCOEC Beaconsfield Blueflns,BBF
1:57.15 ALBAGFEB Univ.Calgary SC,UCSC
1:57.47 HYACKJAN Chena Swim Club,CHENA
1:57.60 ALBAGFEB Olympian Swim Club,OSC
1:57.80 RODAPR Regina Opt.Dolphins,ROD
1:58.18 PCSCOEC Hamilt-Wentworth AC,HWAC
1:58.36 EASTFEB Dartmouth Crusaders,OCSC
1:58.55 MANSASK Selkirk Dolphins,SO
1:58.60 DDOAPR Montreal Aquatique,CAMO
1:58.70 MANSASK Manta Aquatic Club,MANTA
1:58.77 HYACKJAN Hyack Swim Club,HYACK
2:00.18 MANSASK Manitoba Marlins,MM
2:00.25 GMACMAR Markham AC,MAC
2:00.33 EASTFEB Codiac Vikings,CVAC
2:00.43 DDOJAN Dollard Swim Team,DDO
2:00.82 DDOJAN CN Boucharville,CNB
2:00.99 ALBAGFEB Cascade Swim Club,CASC
2:01.30 HYACKJAN Richmond Racers,RACER
2:01.52 EASTFEB Fredericton Aquanauts,FYA
2:01.72 DDOJAN Piscine Olympique Mtl,POM
2:01.89 HYACKJAN Victoria Olympians,VICO
2:02.00 CDSCAPR Nanaimo Riptide ST,NRST

1986 LONG COURSE TAG®

BOYS 11-12

50 METRES FREESTYLE
Rec:0:26.20 B.Creelman,TOMAC,B3
0:27.10 ONTLCJAN Miguel Munoz,12,ESC
0:28.17 PRAIRIE Andrew Foulds,12,TBT
0:28.40 ONTLCJAN Duane Dobko,12,AAC
0:28.43 EASTFEB Richie Flemming,12,PCMSC
0:28.47 PRAIRIE Tyler Koyl,12,ROD
0:28.58 RODAPR Robbie McFarlane,12,UNATT
0:28.80 MANSASK Luke Small,12,MM
0:29.00 TOMACFEB Stephen Clarke,12,COBRA
0:29.10 EASTFEB Kevin YandeSande,12,AA
0:29.31 ALBAGFEB Mike Desrochers,12,CASC
0:29.37 PRAIRIE Chris Koyl,12,ROD
0:29.50 ONTLCJAN Chad Gordon,12,MOSAC
0:29.57 PCSCOEC Lothar Schwarz,12,CAMO
0:29.72 RODAPR Gary Sholer,12,YLSC
0:29.75 UCSCJAN Curtis Myden,12,CASC
0:29.77 UCSCJAN Jason Harding,12,UCSC
0:29.80 TOMACFEB Lee Wanie,11,YORK
0:29.84 EASTFEB Giovanni Staviero,12,CYAC
0:30.06 PCSCOEC Ambroise Henry,12,COB
0:30.10 ONTLCJAN Daniel Paquette,11,GO
0:30.10 ONTLCJAN Shelto Shaw,12,LYAC
0:30.10 TOMACFEB Craig Potsep,12,AAC
0:30.11 PCSCOEC Francois Labbe,12,CNB
0:30.19 GMACMAR Mark DeJong,12,OAK
0:30.20 ONTLCJAN David Ellis,12,LYAC

100 METRES FREESTYLE
Rec:0:57.60 B.Creelman,TOMAC,B3
0:59.96 ONTLCJAN Miguel Munoz,12,ESC
1:00.53 PRAIRIE Andrew Foulds,12,TBT
1:01.95 MMAPR Luke Small,12,MM
1:02.09 SASKMAR Robbie McFarlane,12,YSSC
1:02.89 PRAIRIE Tyler Koyl,12,ROD
1:03.15 ALBAGFEB Jason Harding,12,UCSC
1:03.34 ONTLCJAN Craig Potsep,12,AAC
1:03.52 ALBAGFEB Mike Desrochers,12,CASC
1:03.71 ONTLCJAN David Ellis,12,LYAC
1:03.84 TOMACFEB Lee Wanie,11,YORK
1:04.29 UCSCJAN Curtis Myden,12,CASC
1:04.35 PRAIRIE Chris Koyl,12,ROD
1:04.40 ONTLCJAN Stephen Clarke,12,COBRA
1:04.44 SASKMAR Gary Sholer,12,YLSC
1:04.82 RODAPR Darren Quayle,12,OSPA
1:04.99 ALBAGFEB Anthony Pich,12,OSC
1:05.08 EASTFEB Andrew Snook,12,OCSC
1:05.21 DDOJAN Michael Neuhelmer,12,PCSC
1:05.37 ODOJAN Kevin Pickard,12,DDO
1:05.40 EASTFEB Kevin YandeSande,12,AA
1:05.45 TOMACFEB Duane Dobko,12,AAC
1:05.79 PRAIRIE Rod Robotham,12,SJAK
1:05.88 GMACMAR Mark DeJong,12,OAK
1:06.10 EASTFEB Giovanni Staviero,12,CYAC
1:06.16 RODAPR Jay Dell,12,ROD

200 METRES FREESTYLE
Rec:2:07.56 P.Webster,LYAC,B0
2:09.80 PRAIRIE Andrew Foulds,12,TBT
2:10.18 ONTLCJAN Miguel Munoz,12,ESC
2:15.00 RODAPR Robbie McFarlane,12,UNATT
2:15.26 ONTLCJAN David Ellis,12,LYAC
2:15.43 ONTLCJAN Craig Potsep,12,AAC
2:16.09 UCSCJAN Curtis Myden,12,CASC
2:17.36 PCSCOEC Sean Watson,12,HWAC
2:17.45 PRAIRIE Luke Small,12,MM
2:17.79 ONTLCJAN Duane Dobko,12,AAC
2:18.44 OSCOEC Greg Miller,12,COSC
2:20.31 PCSCOEC Kevin Pickard,12,DDO
2:20.56 EASTFEB Andrew Snook,12,OCSC
2:20.69 PRAIRIE Tyler Koyl,12,HOD
2:20.73 ALBAGFEB Mike Desrochers,12,CASC
2:21.20 ONTLCJAN Donald Head,12,LYAC
2:21.63 PRAIRIE Chris Koyl,12,ROD
2:21.84 ONTLCJAN Lee Wanie,11,YORK
2:21.85 CDSCAPR Chad Webb,12,KISU
2:22.27 PCSCOEC Alexandre Leduc,12,ENC
2:22.39 DDOJAN Michael Neuhelmer,13,PCSC
2:23.03 PRAIRIE Rod Robotham,12,SJAK
2:23.07 ALBAGFEB Jason Harding,12,UCSC
2:23.40 HYACKJAN Paul Madden,11,COSC
2:23.58 DDOJAN Francois Menard,12,PCSC
2:23.73 PCSCOEC Sebastien Houde,12,ICI

400 METRES FREESTYLE
Rec:4:26.47 N.Richards,PCSC,B4
4:34.44 ESSOYTH David Ellis,12,LYAC
4:37.06 ONTLCJAN Miguel Munoz,12,ESC
4:39.72 PRAIRIE Andrew Foulds,12,TBT
4:44.67 ALBAGFEB Curtis Myden,12,CASC
4:45.62 CDSCAPR Paul Madden,12,COSC
4:46.57 PCSCOEC Sean Watson,12,HWAC
4:48.33 ALBAGFEB Jason Harding,12,UCSC
4:48.89 ONTLCJAN Craig Potsep,12,AAC
4:49.97 MANSASK Luke Small,12,MM
4:52.08 EASTFEB Andrew Snook,12,OCSC
4:52.12 ALBAGFEB Mike Desrochers,12,CASC
4:53.49 ONTLCJAN Donald Head,12,LYAC
4:56.20 PCSCOEC Alexandre Leduc,12,ENC
4:56.66 OSCOEC Greg Miller,12,COSC
4:57.95 PRAIRIE Robbie McFarlane,12,YSSC
4:58.65 PCSCOEC Sebastien Houde,12,ICI
4:59.36 ODOJAN Kevin Pickard,12,DDO
5:00.30 RODAPR Jay Dell,12,ROD
5:00.50 TBTMAR Andrew Lennstrom,12,TBT
5:00.80 PRAIRIE Chris Koyl,12,ROD
5:01.33 PCSCOEC Philippe Voisard,12,CRSA
5:01.96 DDOJAN Francois Menard,12,PCSC
5:02.00 PCSCOEC Joe Olobaldo,11,HWAC
5:02.75 DDOJAN Walter Orb,12,SAMAK
5:03.35 ONTLCJAN Sean Doolittle,11,ESC

1500 METRES FREESTYLE
Rec:17:05.50 N.Richards,PCSC,B4
17:57.60 ESSOYTH David Ellis,12,LYAC
18:13.24 PRAIRIE Andrew Foulds,12,TBT
18:31.22 CDSCAPR Paul Madden,12,CDSC
18:45.07 ALBAGFEB Curtis Myden,12,CASC
18:48.65 ALBAGFEB Jason Harding,12,UCSC
19:02.82 EASTFEB Andrew Snook,12,OCSC
19:13.98 ALBAGFEB Mike Desrochers,12,CASC
19:15.30 OSCOEC Greg Miller,12,COSC
19:17.36 COSCAPR Chad Webb,12,KISU
19:31.70 TBTMAR Andrew Lennstrom,12,TBT
19:52.27 RODAPR Jay Dell,12,ROD
20:07.43 TOMACFEB Matthew Cardwell,12,MAC
20:08.83 RODAPR Rennie McQueen,12,GOLO
20:19.51 ALBAGFEB Ramon Yrleink,12,KSC
20:23.40 RODAPR Trevor Onishenko,11,GOLO
20:31.50 PRAIRIE David Yoyer,12,MANTA
20:38.77 HTACAPR Chad Wadden,12,HTAC
20:44.14 MANSASK Patrick Barber,12,ROD
20:45.86 ALBAGFEB Cory Maxwell,11,OSC
20:48.10 TBTMAR Michael Lamothe,12,FFA
20:55.20 UCSCJAN Sean Johnstone,12,YKSC
20:56.40 PRAIRIE Rod Robotham,12,SJAK
20:58.45 ALBAGFEB Cory Collins,12,GOLO

100 METRES BACKSTROKE
Rec:1:07.92 T.Clair,ROW,B3
1:10.04 ONTLCJAN Duane Dobko,12,AAC
1:11.02 RODAPR Robbie McFarlane,12,UNATT
1:11.68 PRAIRIE Andrew Foulds,12,TBT
1:11.89 UCSCJAN Curtis Myden,12,CASC
1:11.99 ONTLCJAN Stephen Clarke,12,COBRA
1:12.50 RODAPR Chris Wolfenberg,12,ROD
1:13.27 MMAPR Luke Small,12,MM
1:13.47 ONTLCJAN Frank Samel,12,ESC
1:14.52 PCSCDEC Philippe Voisard,12,CRSA
1:14.74 ONTLCJAN Matthew McWha,12,WAC
1:14.82 ONTLCJAN Stephen Partridge,12,GO
1:14.86 PCSCDEC Robert Dalgneault,12,CAC
1:15.23 EASTFEB Richie Flemming,12,PCMSC
1:15.51 ONTLCJAN Sean Neeb,12,ROW
1:15.58 ONTLCJAN Lee Wanie,11,YORK
1:15.69 OSCOEC Greg Miller,12,COSC
1:15.81 ONTLCJAN Michael Gollan,12,BRANT
1:16.25 MMAPR Adam Carriere,12,MM
1:16.32 ALBAGFEB Jason Boyachek,12,GOLO
1:16.46 HYACKJAN Scott Elliott,12,WVOSC
1:16.66 RODAPR Hugh Ormerod,12,OSPA
1:16.71 ONTLCJAN Nick Bilyk,12,SCAR
1:16.71 ONTLCJAN Andrew Lennstrom,12,TBT
1:16.84 TRINOEC Mike Moore,12,STARS
1:17.07 TOMACFEB Craig Potsep,12,AAC

200 METRES BACKSTROKE
Rec:2:22.61 P.Botman,GSC,76
2:28.94 TOMACFEB Duane Dobko,12,AAC
2:30.58 ALBAGFEB Curtis Myden,12,CASC
2:30.73 PRAIRIE Andrew Foulds,12,TBT
2:31.71 RODAPR Robbie McFarlane,12,UNATT
2:34.05 MANSASK Chris Wolfenberg,12,ROD
2:34.88 ONTLCJAN Frank Samel,12,ESC
2:36.77 OSCOEC Greg Miller,12,COSC
2:37.07 ONTLCJAN Matthew McWha,12,WAC
2:37.08 ONTLCJAN Andrew Lennstrom,12,TBT
2:38.00 ONTLCJAN Stephen Partridge,12,GO
2:38.51 PCSCOEC Philippe Voisard,12,CRSA
2:38.84 ONTLCJAN Stephen Clarke,12,COBRA
2:40.34 PRAIRIE Jason Boyachek,12,GOLO
2:40.95 CDSCAPR Paul Madden,12,CDSC
2:41.80 MMAPR Luke Small,12,MM
2:42.50 ONTLCJAN Nick Bilyk,12,SCAR
2:42.65 ONTLCJAN Sean Neeb,12,ROW
2:42.94 PCSCOEC Robert Dalgneault,12,CAC
2:43.21 ONTLCJAN Derek Hauber,11,AAC
2:43.33 RODAPR Hugh Ormerod,12,OSPA
2:44.15 ONTLCJAN Donald Head,12,LYAC
2:44.46 PCSCOEC Patrick Dupras,12,CAMO
2:44.46 ONTLCJAN Michael Gollan,12,BRANT
2:44.47 ODOJAN Francis Lemieux,12,CNB
2:44.60 EASTFEB Ambroise Henry,12,COB

100 METRES BREASTSTROKE
Rec:1:13.87 B.Creelman,TOMAC,B3
1:16.52 PRAIRIE Andrew Foulds,12,TBT
1:17.38 EASTFEB Giovanni Staviero,12,CYAC
1:20.84 ALBAGFEB Anthony Pich,12,OSC
1:21.13 ALBAGFEB Curtis Myden,12,CASC
1:21.65 GODEC Stephen Baird,12,GO
1:22.10 ONTLCJAN Mike Moore,12,STARS
1:22.46 ONTLCJAN Michael Lamothe,12,FFA
1:22.59 ONTLCJAN Chad Gordon,12,MOSAC
1:23.04 SASKMAR Gary Sholer,12,YLSC
1:23.22 ONTLCJAN Frank Racco,12,OAK
1:23.23 UCSCJAN Shayne Lundquist,12,VKSC
1:23.25 EASTFEB Richie Flemming,12,PCMSC
1:23.37 ALBAGFEB Graham Brown,12,CASC
1:24.00 DDOJAN Sebastien Messier,12,SL
1:24.10 PCSCOEC Dean Nasby,12,HWAC
1:24.13 GMACMAR Mike Barnes,12,BSCC
1:24.26 ONTLCJAN Phillip Oree,12,STARS
1:24.35 SASKMAR Robbie McFarlane,12,UNATT
1:24.37 DDOJAN Jocelyn Lake,12,CAMO
1:24.37 MMAPR Luke Small,12,MM
1:24.64 PRAIRIE Tyler Koyl,12,HOD
1:24.69 HODAPR Hugh Ormerod,12,OSPA
1:24.75 PCSCDEC Francois Beaudry,11,ICI
1:25.12 PRAIRIE Jason Bingham,12,TNT
1:25.25 PCSCOEC Kevin Pickard,12,DDO

200 METRES BREASTSTROKE
Rec:2:41.30 B.Creelman,TOMAC,B3
2:46.83 PRAIRIE Andrew Foulds,12,TBT
2:51.38 EASTFEB Giovanni Staviero,12,CYAC
2:53.13 ONTLCJAN Frank Samel,12,ESC
2:53.34 GODEC Stephen Baird,12,GO
2:53.72 UCSCJAN Anthony Pich,12,OSC
2:56.04 EASTFEB Richie Flemming,12,PCMSC
2:57.53 ONTLCJAN Mike Moore,12,STARS
2:58.12 ONTLCJAN Michael Lamothe,12,FFA
2:59.11 COSCAPR Paul Madden,12,CDSC
2:59.28 ONTLCJAN Stephen Partridge,12,GO
2:59.72 PCSCOEC Francois Beaudry,11,ICI
2:59.82 ONTLCJAN Tristan Ford,12,CYPS
3:00.19 TOMACFEB Phillip Oree,12,STARS
3:00.58 BROCKAPR Martin Panneton,12,CNMN
3:00.72 UCSCJAN Curtis Myden,12,CASC
3:00.89 ONTLCJAN Chad Gordon,12,MOSAC
3:01.09 PRAIRIE Rod Robotham,12,SJAK
3:01.33 PCSCOEC Patrice Coulombe,12,LAYAL
3:01.40 PCSCDEC Dean Nasby,12,HWAC
3:01.40 ONTLCJAN Mark Hunter,12,ESC
3:01.80 RODAPR Gary Sholer,12,YLSC
3:02.03 ALBAGFEB Graham Brown,12,CASC
3:02.54 GMACMAR Frank Racco,12,OAK
3:02.78 ALBAGFEB Ramon Yrleink,12,KSC
3:02.95 ONTLCJAN Donald Head,12,LYAC

100 METRES BUTTERFLY
Rec:1:04.27 B.Harvey,RDCSC,B4
1:08.96 PRAIRIE Andrew Foulds,12,TBT
1:09.12 SASKMAR Robbie McFarlane,12,UNATT
1:09.36 ONTLCJAN Miguel Munoz,12,ESC
1:09.86 PCSCDEC Sean Watson,12,HWAC
1:10.23 UCSCJAN Mike Desrochers,12,CASC
1:10.34 ONTLCJAN Craig Potsep,12,AAC
1:11.02 DDOJAN Michael Neuhelmer,12,PCSC
1:11.12 ALBAGFEB Anthony Pich,12,OSC
1:11.27 MANSASK Luke Small,12,MM
1:11.51 PRAIRIE Tyler Koyl,12,ROD
1:12.22 ONTLCJAN Stephen Clarke,12,COBRA
1:12.28 ALBAGFEB Jason Harding,12,UCSC
1:12.66 OSCDEC Greg Miller,12,COSC
1:12.90 ONTLCJAN Michael Gollan,12,BRANT
1:13.30 ONTLCJAN Andrew Lennstrom,12,TBT
1:13.34 PCSCDEC Philippe Voisard,12,CRSA
1:14.41 EASTFEB Kevin YandeSande,12,AA
1:14.50 ONTLCJAN Daniel Bray,12,TOMAC
1:14.59 PCSCOEC Alexandre Leduc,12,ENC
1:14.70 ONTLCJAN Sean Doolittle,11,ESC
1:14.76 PCSCOEC Sebastien Houde,12,ICI
1:14.90 ONTLCJAN Nick Bilyk,12,SCAR
1:14.90 ONTLCJAN Matthew Cook,12,WISC
1:15.03 DDOJAN Frederic Marchand,12,CRSA
1:15.05 ONTLCJAN Matthew McWha,12,WAC

200 METRES BUTTERFLY
Rec:2:20.87 N.Richards,PCSC,B4
2:24.70 ONTLCJAN Frank Samel,12,ESC
2:32.60 PRAIRIE Andrew Foulds,12,TBT
2:34.00 PCSCDEC Sean Watson,12,HWAC
2:36.40 MANSASK Robbie McFarlane,12,YSSC
2:37.74 ONTLCJAN David Ellis,12,LYAC
2:37.79 ONTLCJAN Michael Gollan,12,BRANT
2:38.38 UCSCJAN Curtis Myden,12,CASC
2:38.52 DDOJAN Michael Neuhelmor,12,PCSC
2:39.39 MANSASK Luke Small,12,MM
2:39.60 TOMACFEB Craig Potsep,12,AAC
2:39.82 ALBAGFEB Mike Desrochers,12,CASC
2:40.19 OSCDEC Greg Miller,12,COSC
2:41.36 PCSCOEC Sebastien Houde,12,ICI
2:42.12 PCSCOEC Philippe Voisard,12,CRSA
2:42.50 ONTLCJAN Matthew McWha,12,WAC
2:43.81 DDOJAN Chris Masson,12,ONATT
2:44.56 ODOJAN Kevin Hartle,12,SJSC
2:45.20 ALBAGFEB Jason Harding,12,UCSC
2:45.42 COSCAPR Paul Madden,12,COSC
2:46.11 ONTLCJAN Sean Doolittle,11,ESC
2:46.50 PCSCOEC Michael Laplante,12,CNMN
2:46.60 TBTMAR Andrew Lennstrom,12,TBT
2:47.42 DDOJAN Kevin Pickard,12,DDO
2:49.00 ONTLCJAN Nick Bilyk,12,SCAR
2:50.00 TOMACFEB Daniel Bray,12,TOMAC

200 METRES IND.MEDLEY
Rec:2:24.30 B.Creelman,TOMAC,B3
2:29.82 PRAIRIE Andrew Foulds,12,TBT
2:32.17 ALBAGFEB Curtis Myden,12,CASC
2:32.51 ONTLCJAN Miguel Munoz,12,ESC
2:33.12 RODAPR Robbie McFarlane,12,UNATT
2:33.95 EASTFEB Giovanni Staviero,12,CYAC
2:34.12 CDSCAPR Paul Madden,12,CDSC
2:34.99 ALBAGFEB Anthony Pich,12,OSC
2:36.50 TOMACFEB Craig Potsep,12,AAC
2:36.95 PCSCDEC Sean Watson,12,HWAC
2:37.31 EASTFEB Richie Flemming,12,PCMSC
2:37.48 OSCDEC Greg Miller,12,COSC
2:38.62 ONTLCJAN Matthew McWha,12,WAC
2:38.84 ONTLCJAN Donald Head,12,LYAC
2:40.18 ONTLCJAN Duane Dobko,12,AAC
2:40.40 DDOJAN Kevin Pickard,12,DDO
2:40.51 ONTLCJAN Stephen Partridge,12,GO
2:41.07 PRAIRIE Tyler Koyl,12,ROD
2:41.21 TOMACFEB Stephen Clarke,12,COBRA
2:41.53 RODAPR Chris Wolfenberg,12,ROD
2:42.21 DDOJAN Michael Neuhelmer,12,PCSC
2:42.85 DDOJAN Francis Lemieux,12,CNB
2:43.02 SASKMAR Gary Sholer,12,YLSC
2:43.14 ONTLCJAN Chad Gordon,12,MOSAC
2:43.29 TOMACFEB Lee Wanie,11,YORK
2:43.29 EASTFEB Kevin YandeSande,12,AA

400 METRES IND.MEDLEY
Rec:5:05.81 A.Foulds,TBT,B5
5:14.31 ALBAGFEB Curtis Myden,12,CASC
5:15.80 ESSOYTH Frank Samel,12,ESC
5:15.91 COSCAPR Paul Madden,12,CDSC
5:23.27 ALBAGFEB Anthony Pich,12,OSC
5:24.52 PCSCOEC Sean Watson,12,HWAC
5:29.59 GODEC Stephen Baird,12,GO
5:31.10 ONTLCJAN Craig Potsep,12,AAC
5:31.20 HOOAPR Hobbie McFarlane,12,UNATT
5:32.05 OSCOEC Greg Miller,12,COSC
5:32.16 ONTLCJAN Matthew McWha,12,WAC
5:32.89 EASTFEB Richie Flemming,12,PCMSC
5:33.09 ONTLCJAN Donald Head,12,LYAC
5:39.28 PCSCDEC Alexandre Leduc,12,ENC
5:39.60 TBTMAR Andrew Lennstrom,12,TBT
5:40.67 DDOJAN Kevin Pickard,12,DDO
5:40.77 EASTFEB Giovanni Staviero,12,CYAC
5:41.59 ALBAGFEB Mike Desrochers,12,CASC
5:42.78 ODOJAN Francis Lemieux,12,CNB
5:42.92 ODOJAN Chris Masson,12,ONATT
5:43.58 CDSCAPR Chad Webb,12,KISU
5:43.63 ALBAGFEB Ramon Yrleink,12,KSC
5:44.24 DDOJAN David Morton,12,L300
5:44.48 ALBAGFEB Jason Harding,12,UCSC
5:45.88 PCSCOEC Philippe Voisard,12,CRSA
5:46.14 MMAPR Luke Small,12,MM

4X50 MEDLEY RELAY
Hec:2:10.37 Pt-Claire,PCSC,B1
2:13.60 RODDECLC Regina Opt.Dolphins,ROD
2:19.78 EASTFEB Antigonish Aquanauts,AA
2:19.88 PCSCDEC Hamilt-Wentworth AC,HWAC
2:20.04 EASTFEB CN Montreal-Nord,CNMN
2:20.11 UCSCJAN Cascade Swim Club,CASC
2:22.41 DDOJAN Pointe Claire SC,PCSC
2:23.25 DDOJAN Montreal Aquatique,CAMO
2:23.33 GMACMAR Dorado SC,STARS
2:23.80 UCSCJAN Yernon KokaneeSC,VKSC
2:24.33 ODOJAN CN Boucherville,CNB
2:24.45 HTACAPR Halifax Trojans,HTAC
2:25.14 ALBAGFEB Goldfin Swim Club,GOLO
2:25.70 EASTFEB Dartmouth Crusaders,DCSC
2:25.84 ALBAGFEB Edmonton Keyano SC,EKSC
2:26.15 OSCDEC Olympian Swim Club,OSC
2:27.12 EASTFEB Codiac Vikings,CYAC
2:28.46 ALBAGFEB Killarney SwimClub,KSC
2:29.45 EASTFEB Saint John SC,SJSC
2:32.94 EASTFEB Newfoundland Aquarena,NAA
2:33.11 UCSCJAN Univ.Calgary SC,UCSC
2:33.71 GMACMAR London Y,LYAC
2:35.20 GMACMAR Guelph Marlin AC,GMAC
2:35.66 GMACMAR Burlington Centurions,BSC
2:39.61 LASCAPR Red Deer Catalina SC,RDCS
2:40.14 GMACMAR Whitby Iroquois SC,WISC

4X50 FREE RELAY
Rec:1:57.28 Pt-Claire,PCSC,B1
1:59.60 RODDECLC Regina Opt.Dolphins,ROD
2:02.72 ALBAGFEB Cascade Swim Club,CASC
2:04.35 PCSCDEC Hamilt-Wentworth AC,HWAC
2:06.67 EASTFEB Antigonish Aquanauts,AA
2:07.39 TRINDEC Dorado SC,STARS
2:07.40 DDOJAN Pointe Claire SC,PCSC
2:07.50 PRAIRIE Thun Bay Thunderbolts,TBT
2:07.91 EASTFEB Halifax Trojans,HTAC
2:08.46 DDOJAN CN Boucherville,CNB
2:08.74 ODOJAN Montreal Aquatique,CAMO
2:09.06 ALBAGFEB Edmonton Keyano SC,EKSC
2:09.22 DDOJAN CN Montreal-Nord,CNMN
2:09.54 ALBAGFEB Goldfin Swim Club,GOLD
2:09.86 EASTFEB Dartmouth Crusaders,DCSC
2:10.31 OSCOEC Olympian Swim Club,OSC
2:12.93 ALBAGFEB Univ.Calgary SC,UCSC
2:13.85 ALBAGFEB Killarney SwimClub,KSC
2:14.82 GMACMAR London Y,LYAC
2:14.90 NAAOMAR Newfoundland Aquarena,NAA
2:15.01 EASTFEB Codiac Vikings,CYAC
2:15.23 GMACMAR Guelph Marlin AC,GMAC
2:16.24 GMACMAR Whitby Iroquois SC,WISC
2:16.58 EASTFEB Saint John SC,SJSC
2:19.87 PRAIRIE Manta Aquatic Club,MANTA
2:21.55 LASCAPR Red Deer Catalina SC,RDCS

1986 LONG COURSE TAG®

BOYS 13–14

400 METRES FREESTYLE
Rec: 4:06.60 B.Volz,NYAC,83
4:13.60 CDSCJAN Sean Swain,14,CDSC
4:19.06 HYACKJAN Brett Regan,14,VICO
4:20.10 ONTLCJAN Eddie Parenti,14,NSC
4:21.21 ESSOYTH Jason Morin,14,PCSC
4:21.29 ONTLCJAN Stephen Hulford,14,ROW
4:26.37 ONTLCJAN Andrew Foulds,13,TBT
4:28.38 CDSCJAN Greg Reinhart,14,NRST
4:28.44 ESSOYTH Dan Kupr,14,HYACK
4:29.88 DDOAPR Jason Bell,14,GO
4:29.90 ONTCUP 2 Greg Higson,14,ESC
4:30.29 ONTLCJAN Marc Shaw,14,ROW
4:30.41 CDSCJAN David Sage,13,VICO
4:30.60 CDSCJAN Walter Wu,13,CDSC
4:30.74 ONTLCJAN David Chisholm,13,LYAC
4:30.82 CDSCJAN Sean Fero,13,UCSC
4:30.94 ESSOYTH Donald Hutchison,14,SSMAC
4:31.06 PCSCDEC Jeff Dyck,14,HWAC
4:31.14 CDSCAPR Matheson Fraser,14,CDSC
4:31.28 HTACAPR John Dolynchuk,13,ROW
4:31.69 ONTLCJAN Kevin Csabi,14,GO
4:32.31 OSCDEC Mark Phillips,14,EKSC
4:32.69 UCSCJAN Kirk Look,14,CASC
4:32.78 ONTLCJAN Michael Strickland,13,BROC
4:32.81 ESSOYTH Martin Campeau,14,CNNG
4:33.17 PCSCDEC Christian Toupin,14,ICI

100 METRES BREASTSTROKE
Rec:1:06.92 B.Creelman,TOMAC,84
1:09.65 ESSOCUP Philippe Millotte,14,SELCT
1:10.82 PQSRFEB Stephen Mulrooney,14,PCSC
1:11.50 ESSOYTH Michael Tucker,14,SSMAC
1:12.16 OSCDEC Jon Cleveland,14,UNATT
1:12.24 PCSCDEC Grey Fairley,14,HWAC
1:12.35 ESSOYTH Jeff Caron,14,PCSC
1:13.10 ESSOYTH David Bowle,14,CDSC
1:14.11 ESSOYTH Stephen Hornberger,14,ESC
1:14.15 ESSOYTH Joe Agocs,14,AAC
1:14.17 ESSOYTH Eric Potier,14,SL
1:14.65 MANSASK Brandon Antonini,14,ROD
1:14.68 ESSOYTH Patrick Lightle,14,SPART
1:14.87 ONTLCJAN Scott Fields,14,WAC
1:14.88 ONTLCJAN Greg Higson,14,ESC
1:14.94 ONTLCJAN Andrew Trussler,13,GO
1:14.95 CDSCJAN Emile Veronl,14,BMAC
1:15.00 CDSCJAN Stephen Shumka,14,OAST
1:15.15 ONTLCJAN Matthew Mattel,14,NYAC
1:15.16 CDSCJAN Dan Kupr,14,HYACK
1:15.26 ALBAGFEB Bryce Milsom,14,OSC
1:15.39 ESSOYTH Steve Sadownik,14,AMAC
1:15.69 ESSOYTH Shintaro Ohtake,14,NYAC
1:15.90 PRAIRIE Geoff Pettinger,13,RDCSC
1:16.00 ESSOYTH Andrew Foulds,13,TBT
1:16.02 ONTLCJAN Steve Sweetnam,14,LLSC

200 METRES IND.MEDLEY
Rec:2:12.65 A.Baumann,LUSC,79
2:17.20 ESSOYTH Jason Morin,14,PCSC
2:17.25 PCSCOEC Bernard Laplerre,14,POM
2:17.45 ONTLCJAN Stephen Hulford,14,ROW
2:18.35 ONTLCJAN Grey Fairley,14,HWAC
2:18.85 CDSCJAN David Bowle,14,CDSC
2:19.46 PQSRFEB Stephen Mulrooney,14,PCSC
2:20.23 ESSOYTH Kent McManus,14,ROD
2:20.56 DDOAPR Michael Tucker,14,SSMAC
2:21.40 PCSCOEC Jason Thomas,14,SSMAC
2:21.50 ESSOYTH Eddie Parenti,14,NSC
2:22.44 ESSOYTH Shintaro Ohtake,14,NYAC
2:22.81 ONTLCJAN Greg Wells,14,NYAC
2:23.17 HYACKJAN Brett Regan,14,VICU
2:23.76 ESSOYTH Andrew Foulds,13,TBT
2:24.56 ONTLCJAN Peter Smith,14,LYAC
2:25.09 ONTCUP 2 Joe Agocs,14,AAC
2:25.16 ESSOYTH Dan Kupr,14,HYACK
2:25.51 ONTLCJAN Steve Sweetnam,14,LLSC
2:25.53 ESSOYTH Sebastien Prince,13,MEGO
2:25.84 CDSCJAN Greg Reinhart,14,NRST
2:26.46 ONTLCJAN Jason Allen,14,MAC
2:26.62 ONTLCJAN Scott Fields,14,WAC
2:26.63 PRAIRIE John Earle,14,SJS
2:26.64 MANSASK Brandon Antonini,14,ROD
2:26.65 OSCDEC Mark Phillips,14,EKSC

50 METRES FREESTYLE
Rec: 24.81 B.Creelman,TOMAC,84
23.48 HYACKJAN Dan Kupr,14,HYACK
23.75 ESSOYTH Joe Agocs,14,AAC
23.84 ESSOYTH Marc Marx,14,NYAC
23.96 ONTLCJAN Derek DeJong,14,ESC
23.96 OSCDEC Mark Phillips,14,EKSC
24.00 ONTLCJAN Dean Kondziolka,13,TOMAC
24.11 CDSCJAN Greg Reinhart,14,NRST
24.14 PRAIRIE David Guthrie,14,MM
24.25 ESSOYTH Derek Phillips,14,AAC
24.48 BROCKAPR Jon Broven,14,BROCK
24.49 CASCAPR Brent Harvey,14,RDCSC
24.65 ESSOYTH Brent Gosselin,14,SAMAK
24.65 HTACAPR Jason Lukeman,13,PHTAC
24.80 ONTLCJAN Justin Martin,14,ESC
24.81 CDSCJAN Paul Ross,14,KSC
24.82 OMACMAR Peter Smith,14,LYAC
24.88 ESSOYTH David Bowle,14,CDSC
24.90 ONTLCJAN Magnar Udd,13,NSC
24.93 ESSOYTH Kent McManus,14,ROD
24.93 ALBAGFEB Matthew McKay,14,CASC
27.02 ESSOYTH Shane Perlmutter,14,SJAK
27.05 PCSCDEC Jason Thomas,14,SSMAC
27.10 ONTLCJAN Greg Wells,14,NYAC
27.11 ESSOYTH Gilbert Chang,14,CDSC
27.12 ESSOYTH Sean Swain,14,CDSC

1500 METRES FREESTYLE
Rec:16:00.93 A.Baumann,LUSC,79
16:45.06 CDSCJAN Sean Swain,14,CDSC
17:19.12 HYACKJAN Brett Regan,14,VICO
17:21.35 CDSCJAN Sean Fero,13,UCSC
17:28.40 ESSOYTH John Dolynchuk,13,ROW
17:28.91 CDSCJAN Bill Lomax,13,DSC
17:37.93 ESSOYTH Donald Hutchison,14,SSMAC
17:45.36 CDSCJAN Derek McFarlan,13,RACER
17:48.75 BROCKAPR Michael Strickland,13,BRO
17:49.74 CDSCAPR Walter Wu,13,CDSC
17:51.64 ALBAGFEB Chris Peck,14,CASC
17:54.17 ESSOYTH Gilbert Chang,14,CDSC
17:54.80 OSCDEC Scott Collings,14,OSC
17:55.20 CDSCAPR Michael Effray,14,VICO
17:55.30 ESSOYTH Andrew Foulds,13,TBT
17:55.39 CDSCAPR Matheson Fraser,14,COSC
17:56.12 ALBAGFEB Sean Maxwell,13,OSC
17:57.00 DDOAPR Jason Bell,14,GO
17:59.40 ESSOYTH Brandon Antonini,14,ROD
17:59.90 CDSCAPR Greg Miller,13,COSC
18:02.01 EASTFEB Iain Tennent,13,NAAC
18:02.50 CDSCJAN Jeff Gerard,14,EKSC
18:03.20 ESSOYTH Kevin Csabi,14,GO
18:03.51 HTACAPR Jason Payne,14,DCSC
18:05.60 ESSOYTH Martin Campeau,14,CNNG
18:05.66 ESSOYTH Marc Shaw,14,ROW

200 METRES BREASTSTROKE
Rec:2:28.50 M.Young,UNATT,84
2:32.19 DDOAPR Michael Tucker,14,SSMAC
2:32.99 ESSOYTH Stephen Mulrooney,14,PCSC
2:33.32 ESSOYTH Philippe Millette,14,SELCT
2:34.42 ESSOYTH David Bowle,14,CDSC
2:35.79 ESSOYTH Brandon Antonini,14,ROD
2:36.90 TOMACFEB Grey Fairley,14,HWAC
2:37.41 OSCOEC Jon Cleveland,14,UNATT
2:38.34 ESSOYTH Andrew Foulds,13,TBT
2:39.00 DDDAPR Andrew Trussler,14,GO
2:39.20 ONTLCJAN Scott Fields,14,WAC
2:40.85 DDOJAN Jeff Caron,14,PCSC
2:41.96 ESSOYTH Patrick Lightle,14,SPART
2:41.97 CDSCJAN Steve Sadownik,14,AMAC
2:42.09 UDOJAN Eric Potier,14,SL
2:42.85 ONTLCJAN Matthew Mattel,14,NYAC
2:42.89 ESSOYTH Shintaro Ohtake,14,NYAC
2:43.21 ESSDYTH Stephen Hornberger,13,ESC
2:44.00 ALBAGFEB Bryce Milsom,14,OSC
2:44.45 ALBAGFEB Rob Howe,13,FMSC
2:44.63 ONTLCJAN Steve Sweetnam,14,LLSC
2:44.74 ESSDYTH Joe Agocs,14,AAC
2:44.86 ALBAGFEB Chris Peck,14,CASC
2:45.24 CDSCJAN Jason Meyer,14,RACER
2:45.63 CDSCAPR Lach Vollmerhause,14,VICO
2:45.91 CDSCJAN Stephen Shumka,14,OAST

400 METRES IND.MEDLEY
Rec:4:34.52 A.Baumann,LUSC,79
4:47.02 ESSOYTH Jason Morin,14,PCSC
4:48.25 PCSCOEC Bernard Laplerre,14,POM
4:51.13 ONTLCJAN Grey Fairley,14,HWAC
4:54.23 ESSOYTH Stephen Hulford,14,ROW
4:55.57 ESSOYTH David Bowle,14,CDSC
4:57.87 CDSCJAN Sean Swain,14,CDSC
4:58.40 HYACKJAN Brett Regan,14,VICO
4:58.97 PQSRFEB Stephen Mulrooney,14,PCSC
5:00.33 ESSOYTH Eddie Parenti,14,NSC
5:00.78 ONTLCJAN Andrew Foulds,13,TBT
5:01.30 ESSOYTH Greg Wells,14,NYAC
5:03.04 ESSOYTH Brent Harvey,14,RDCSC
5:05.85 ONTLCJAN Shintaro Ohtake,14,NYAC
5:05.90 ESSOYTH Brandon Antonini,14,ROD
5:07.70 PCSCDEC Jason Thomas,14,SSMAC
5:07.80 ONTCUP 2 Greg Higson,14,ESC
5:08.86 ESSOYTH Sebastien Prince,13,MEGO
5:08.95 ESSOYTH Kevin Csabi,14,GO
5:09.36 ONTCUP 2 Scott Fields,14,WAC
5:09.88 ESSOYTH Marty Bruin,13,RDCSC
5:10.57 ONTLCJAN Jeff Dyck,14,HWAC
5:10.67 HYACKJAN Patrick Lightle,14,SPART
5:10.70 ONTLCJAN David Chisholm,13,LYAC
5:10.98 CDSCAPR Michael Effray,14,VICO
5:11.45 DDOAPR Andrew Trussler,14,GO

100 METRES FREESTYLE
Rec: 54.55 B.Creelman,TOMAC,84
56.24 ONTLCJAN Derek DeJong,14,ESC
56.54 CDSCJAN Greg Reinhart,14,NRST
56.56 ESSOYTH Marc Marx,14,NYAC
56.66 OSCDEC Mark Phillips,14,EKSC
57.20 CDSCJAN Dan Kupr,14,HYACK
57.45 ESSOYTH Derek Phillips,14,AAC
57.61 OSCDEC Sean Swain,14,CDSC
57.69 ESSOYTH Brent Harvey,14,RDCSC
57.82 HTACAPR Jason Lukeman,13,PHTAC
57.85 ONTLCJAN Grey Fairley,14,HWAC
57.89 BROCKAPR Jon Broven,14,BROCK
58.00 PCSCDEC Jason Thomas,14,SSMAC
58.11 PRAIRIE David Guthrie,14,MM
58.27 CDSCJAN Gilbert Chang,14,CDSC
58.34 CDSCJAN David Bowle,14,CDSC
58.36 ONTLCJAN Stephen Hulford,14,ROW
58.56 PRAIRIE John Earle,14,SJS
58.77 ESSOYTH Brent Gosselin,14,SAMAK
58.85 ALBAGFEB Matthew McKay,14,CASC
59.01 ONTLCJAN Keith Pradhan,14,ESC
59.02 OMACMAR Peter Smith,14,LYAC
59.05 ESSOYTH Joe Agocs,14,AAC
59.10 EASTFEB Steve Quinn,14,SJSC
59.10 OMACMAR Jason Allen,14,MAC
59.11 OSCDEC John Mohr,14,OSC

100 METRES BACKSTROKE
Rec:1:01.57 T.Clair,ROW,85
1:02.56 ESSOCUP Eddie Parenti,14,NSC
1:02.89 ESSOYTH Derek Phillips,14,AAC
1:04.12 ESSOYTH Greg Wells,14,NYAC
1:04.33 PQCUP 1 Dave Thivierge,14,LAVAL
1:04.59 PCSCDEC Jason Thomas,14,SSMAC
1:05.18 ESSOYTH Kent McManus,14,ROD
1:05.56 ESSOYTH John Earle,14,SJS
1:05.63 EASTFEB Steve Quinn,14,SJSC
1:05.86 ESSOYTH Peter Smith,13,LYAC
1:05.99 ALBAGFEB Matthew McKay,14,CASC
1:06.00 ONTCUP 2 Joe Agocs,14,AAC
1:06.19 ONTLCJAN Gannon Jones,14,MAC
1:06.72 ALBAGFEB Kirk Look,14,CASC
1:06.72 HTACAPR Jason Shannon,14,PHTAC
1:06.75 ONTCUP 2 Greg Higson,14,ESC
1:07.62 ESSOYTH Brad Cromwell,14,GPP
1:07.70 ONTLCJAN Greg Curgenven,14,MAC
1:07.72 ESSOYTH Greg Hughes,13,NSC
1:07.98 ONTLCJAN David Chisholm,13,LYAC
1:08.00 ESSOYTH Jason Bell,14,GO
1:08.24 PRAIRIE David Guthrie,14,MM
1:08.36 EASTFEB Jason Cross,14,PCMSC
1:08.39 DDOJAN Eric Lemieux,14,CNS
1:08.39 EASTFEB John Cross,14,PCMSC
1:08.50 OSCDEC John Mohr,14,OSC

100 METRES BUTTERFLY
Rec:D:59.48 N.Hodge,BSCC,80
1:00.70 ESSOYTH Stephen Hulford,14,ROW
1:01.34 CDSCJAN Dan Kupr,14,HYACK
1:01.43 PCSCDEC Bernard Laplerre,14,POM
1:02.12 ESSOYTH Brent Harvey,14,RDCSC
1:02.25 ESSOYTH Eddie Parenti,14,NSC
1:02.42 ESSOYTH Stan McLaurin,14,GO
1:02.67 ONTLCJAN Peter Smith,14,LYAC
1:02.99 ONTLCJAN Gerry Parenti,13,NSC
1:03.14 OSCDEC John Mohr,14,OSC
1:03.45 ESSOYTH Ron Smith,14,OSPA
1:03.47 PQSRFEB Luc Pepin,14,JOKE
1:03.52 ONTCUP 2 Greg Wells,14,NYAC
1:03.53 OSCOEC Mark Phillips,14,EKSC
1:03.66 CDSCJAN Greg Reinhart,14,NRST
1:03.86 ESSOYTH Shane Perlmutter,14,SJAK
1:04.39 EASTFEB Duane Flowers,14,DCSC
1:04.40 CDSCJAN Gilbert Chang,14,CDSC
1:04.45 ONTLCJAN Robert Carter,14,TOMAC
1:04.48 ESSOYTH Jason Bell,14,GO
1:04.97 HTACAPR Jason Payne,14,DCSC
1:05.01 ESSOYTH Joe Agocs,14,AAC
1:05.29 ESSOYTH Omar Rivera,13,ROD
1:05.46 BROCKAPR Jon Broven,14,BROCK
1:05.56 ESSOYTH Blair Wheadon,14,UCSC
1:05.72 ALBAGFEB Kirk Look,14,CASC

4X50 MEDLEY RELAY
Rec:1:58.48 Reg.of Waterloo,ROW,85
2:03.20 PCSCDEC Sault Ste.Marie AC,SSMAC
2:03.37 PCSCDEC Pointe Claire SC,PCSC
2:04.24 UCSCJAN Cascade Swim Club,CASC
2:04.37 EASTFEB Dartmouth Crusaders,DCSC
2:05.02 PCSCDEC Samak de Brossard,SAMAK
2:06.27 ALBAGFEB Olympian Swim Club,DSC
2:06.70 RODDECLC Regina Opt.Dolphins,ROD
2:08.21 EASTFEB Pictou Mariners,PCMSC
2:08.33 LASCAPR Red Deer Catalina SC,RDCS
2:08.49 EASTFEB Newfoundland Aquarena,NAA
2:08.91 EASTFEB Thunderbolts AC,PHTAC
2:09.35 OMACMAR London Y,LYAC
2:09.42 EASTFEB Codiac Vikings,CVAC
2:09.50 PCSCDEC Hamilt-Wentworth AC,HWAC
2:09.66 ALBAGFEB Edmonton Keyano SC,EKSC
2:10.50 EASTFEB Saint John SC,SJSC
2:12.42 PCSCDEC Les Loups Marins,LMRL
2:12.85 GMACMAR Whitby Iroquois SC,WISC
2:14.35 HTACAPR Region of Waterloo,ROW
2:14.60 HTACAPR Halifax Trojans,HTAC
2:14.78 LASCAPR Univ.Calgary SC,UCSC
2:15.56 ALBAGFEB Killarney SwimClub,KSC
2:16.61 DDOJAN Beaconsfield Bluefins,BBF
2:17.02 GMACMAR Brantford AC,BRANT
2:17.48 HTACAPR Antigonish Aquanauts,AA

200 METRES FREESTYLE
Rec: 58.25 B.Volz,NYAC,83
2:02.21 ESSOYTH Sean Swain,14,CDSC
2:02.42 ESSOYTH Eddie Parenti,14,NSC
2:02.43 ESSOYTH Jason Morin,14,PCSC
2:03.88 OSCDEC Mark Phillips,14,EKSC
2:03.48 HYACKJAN Brett Regan,14,VICO
2:04.46 CDSCJAN Greg Reinhart,14,NRST
2:04.48 PCSCDEC Bernard Laplerre,14,POM
2:04.59 CDSCJAN Dan Kupr,14,HYACK
2:05.14 ESSOYTH Marc Marx,14,NYAC
2:05.87 ONTCUP 2 Derek Phillips,14,AAC
2:05.90 ONTLCJAN Stephen Hulford,14,ROW
2:06.17 ESSOYTH Greg Wells,14,NYAC
2:06.38 ONTLCJAN Andrew Foulds,13,TBT
2:06.57 DDOAPR Jason Bell,14,GO
2:06.69 ESSOYTH Brent Harvey,14,RDCSC
2:06.91 CDSCJAN David Bowle,14,CDSC
2:08.5 HTACAPR Jason Lukeman,13,PHTAC
2:08.92 DDOAPR Donald Hutchison,14,SSMAC
2:09.7 PCSCDEC Jason Thomas,14,SSMAC
2:09.23 CDSCAPR Grady Gilchrist,13,CDSC
2:09.44 OMACMAR Jason Allen,14,MAC
2:09.69 CDSCAPR Matheson Fraser,14,CDSC
2:09.95 CDSCJAN Jeff Gerard,14,EKSC
2:09.97 EASTFEB Duane Flowers,14,DCSC
2:10.12 CDSCJAN Sean Fero,13,UCSC

200 METRES BACKSTROKE
Rec:2:11.25 S.Goss,NYAC,81
2:14.25 ESSOCUP Eddie Parenti,14,NSC
2:15.69 ESSOCUP Derek Phillips,14,AAC
2:18.12 ONTLCJAN Greg Wells,14,NYAC
2:19.53 PCSCDEC Jason Thomas,14,SSMAC
2:19.87 PCSCOEC Bernard Laplerre,14,POM
2:20.41 ESSOYTH Gannon Jones,14,MAC
2:20.69 ONTLCJAN Grey Fairley,14,HWAC
2:21.76 PRAIRIE John Earle,14,SJS
2:22.74 ESSOYTH Kent McManus,14,ROD
2:22.80 ESSOYTH Jason Morin,14,PCSC
2:22.81 ALBAGFEB Kirk Look,14,CASC
2:23.32 ONTLCJAN Greg Higson,14,ESC
2:23.65 ONTLCJAN Greg Curgenven,14,MAC
2:24.73 ESSOYTH Jason Shannon,14,PHTAC
2:24.74 GODEC Jason Bell,14,GO
2:24.86 ESSOYTH David Bowle,14,CDSC
2:24.88 EASTFEB Jason Cross,14,PCMSC
2:25.17 ONTCUP 2 Joe Agocs,14,AAC
2:25.37 ESSOYTH Michael Tucker,14,SSMAC
2:25.66 ESSOYTH David Chisholm,14,LYAC
2:25.82 ALBAGFEB Matthew McKay,14,CASC
2:26.22 EASTFEB Steve Quinn,14,SJSC
2:26.90 PCSCDEC Jason Isbister,14,JUVA
2:26.95 ESSOYTH Jeff Gerard,14,EKSC
2:27.14 OSCDEC Brad Cromwell,14,GPP

200 METRES BUTTERFLY
Rec:2:08.43 R.Hamel,COW,77
2:12.17 ONTLCJAN Stephen Hulford,14,ROW
2:12.65 PCSCDEC Bernard Laplerre,14,POM
2:17.42 ESSOYTH Brent Harvey,14,RDCSC
2:18.30 CDSCJAN Dan Kupr,14,HYACK
2:18.60 ESSOYTH Stan McLaurin,14,GO
2:19.47 ESSDYTH Gilbert Chang,14,CDSC
2:21.70 ONTLCJAN David Chisholm,13,LYAC
2:21.71 CDSCJAN Greg Reinhart,14,NRST
2:22.43 OSCDEC John Mohr,14,OSC
2:22.62 ESSOYTH Gerry Parenti,13,NSC
2:22.75 ESSOYTH Greg Wells,14,NYAC
2:23.10 ONTLCJAN Sean Watson,13,HWAC
2:23.16 ESSOYTH Kevin Csabi,14,GO
2:23.36 OSCOEC Mark Phillips,14,EKSC
2:23.43 ALBAGFEB Kirk Look,14,CASC
2:23.66 ESSOYTH Ron Smith,14,OSPA
2:23.75 ONTLCJAN Jeff Dyck,14,HWAC
2:24.11 HYACKJAN Brett Regan,14,VICO
2:25.26 LASCAPR Marty Bruin,14,RDCSC
2:25.45 EASTFEB Duane Flowers,14,DCSC
2:25.69 CDSCJAN Peter Fagan,13,KAJ
2:26.03 DDOAPR Donald Hutchison,14,SSMAC
2:26.09 ONTLCJAN Justin Wall,14,SCAR
2:26.70 CDSCAPR Walter Wu,13,CDSC
2:26.71 ONTLCJAN Jason Bell,14,GO

4X50 FREE RELAY
Rec:1:46.14 Pt-Claire,PCSC,83
1:50.18 PCSCDEC Sault Ste.Marie AC,SSMAC
1:50.19 PCSCDEC Pointe Claire SC,PCSC
1:51.01 ALBAGFEB Edmonton Keyano SC,EKSC
1:51.27 EASTFEB Dartmouth Crusaders,DCSC
1:51.41 MANSASK St.John's AquaKings,SJAK
1:52.09 HTACAPR Thunderbolts AC,PHTAC
1:52.43 ALBAGFEB Cascade Swim Club,CASC
1:52.03 PCSCDEC Samak de Brossard,SAMAK
1:53.40 NAACMAR Newfoundland Aquarena,NAA
1:53.68 PCSCDEC Hamilt-Wentworth AC,HWAC
1:53.96 PRAIRIE Regina Opt.Dolphins,ROD
1:54.09 ALBAGFEB Olympian Swim Club,OSC
1:54.45 EASTFEB Saint John SC,SJSC
1:55.99 PRAIRIE Manitoba Marlins,MM
1:56.90 LASCAPR Red Deer Catalina SC,RDCS
1:57.57 EASTFEB Halifax Trojans,HTAC
1:57.65 GMACMAR Brantford AC,BRANT
1:57.68 GMACMAR London Y,LYAC
1:58.00 ALBAGFEB Fort McMurray SC,FMSC
1:58.47 GMACMAR Whitby Iroquois SC,WISC
1:58.60 DDOJAN Dollard Swim Team,DDO
1:58.81 ALBAGFEB Killarney SwimClub,KSC
1:58.84 HTACAPR Fredericton Aquanauts,FYA
1:59.78 RDOAPR Goldfin Swim Club,GOLD
1:59.96 ALBAGFEB Univ.Calgary SC,UCSC

1986 LONG COURSE TAG®

BOYS 15-17

50 METRES FREESTYLE
Rec:0:24.05 B.Hicken,UTSC,82
0:24.09 ESSOCUP Steven VanderMeulen,17,VK
0:24.35 OSOPEN85 Brad Creelman,15,TOMAC
0:24.71 ESSOCUP David Methot,16,TRACY
0:24.92 ESSOCUP Craig Stroyan,17,NYAC
0:24.98 ESSOCUP Ryan Bell,16,CASC
0:25.09 ESSOCUP Taras Pawlowsky,16,PCSC
0:25.19 ESSOCUP Andrew Moir,17,CAJ
0:25.23 ESSOCUP Lee Reinhart,16,NRST
0:25.28 ESSOCUP Todd MacNeil,15,MANTA
0:25.29 ESSOYTH Scott Griffin,15,WAC
0:25.30 PRAIRIE Darren Zagrodney,16,KA
0:25.34 ESSOCUP Scott Flowers,17,EKSC
0:25.37 LASCAPR Robert Fox,17,AMAC
0:25.40 NAACMAR Chris Hynes,15,MUSC
0:25.44 ESSOYTH Shannon Smith,15,YYW
0:25.47 ESSOYTH Marc Daoust,15,PCSC
0:25.50 EASTFEB Kevin Pyle,15,TCSC
0:25.51 ESSOCUP David Potter,17,NYAC
0:25.57 ESSOYTH Dustin Boyachek,15,GOLD
0:25.57 ALBAGFEB Andreas Hikel,16,EKSC
0:25.65 ESSOCUP Erik Elde,16,MM
0:25.68 BROCKAPR Campbell Hastings,16,BROCK
0:25.72 ALBAGFEB David Goodkey,16,EKSC
0:25.80 CUSCJAN Ian Hylands,17,HYACK
0:25.80 TOMACFEB David Loyola,15,STARS

100 METRES FREESTYLE
Rec:0:51.82 S.Goss,NYAC,84
0:52.44 ESSOCUP Steven VanderMeulen,17,VK
0:53.25 ESSOCUP Craig Stroyan,17,NYAC
0:53.27 ESSOCUP Scott Flowers,17,EKSC
0:53.53 ESSOCUP Brad Creelman,15,TOMAC
0:53.64 ESSOCUP Ryan Bell,16,CASC
0:53.85 ESSOCUP Paul Szekula,17,PCSC
0:54.09 ESSOCUP Todd MacNeil,15,MANTA
0:54.21 OSOPEN85 Mark Tewksbury,17,UCSC
0:54.34 ESSOYTH Don Haddow,15,ESC
0:54.46 ESSOCUP Taras Pawlowsky,16,PCSC
0:54.53 ESSOCUP Andrew Moir,17,CAJ
0:54.53 ESSOCUP Rick Lawrence,16,WAC
0:54.54 ESSOCUP Chris Weekes,16,NSC
0:54.55 ESSOCUP Ron Page,17,HYACK
0:54.57 ESSOCUP David Goodkey,16,EKSC
0:54.61 ESSOCUP Louis-M. Girouard,17,SELCT
0:54.63 ESSOCUP Lee Reinhart,16,NRST
0:54.68 ESSOCUP David Methot,16,TRACY
0:54.80 ESSOCUP Gary Anderson,16,ESC
0:54.81 ESSOYTH Scott Griffin,15,WAC
0:54.85 ESSOCUP Charles Meklensek,16,PCSC
0:55.03 ALBAGFEB Brandt Summers,16,CASC
0:55.10 ESSOCUP Marc Daoust,15,PCSC
0:55.16 ESSOCUP Ron Clark,17,ROW
0:55.27 ESSOCUP David Potter,17,NYAC

200 METRES FREESTYLE
Rec:1:51.14 A.Baumann,LUSC,81
1:52.92 ESSOCUP Paul Szekula,17,PCSC
1:53.03 ESSOCUP Scott Flowers,17,EKSC
1:53.80 ESSOCUP Turlough O'Hare,16,CDSC
1:54.98 ESSOCUP Raymond Brown,16,ROW
1:56.52 ESSOCUP Don Haddow,16,ESC
1:56.70 ESSOCUP Greg Streppel,17,ROD
1:56.93 ESSOCUP Mark Oldham,16,UCSC
1:57.43 ESSOCUP Paul Hebert,17,MANTA
1:57.49 ESSOCUP Rick Coopman,16,COSC
1:57.92 ESSOCUP David Goodkey,16,EKSC
1:58.13 ESSOCUP Ron Clark,17,ROW
1:58.35 ESSOCUP Ryan Bell,16,CASC
1:58.49 ESSOCUP Patrick Gagnon,15,SAMAK
1:58.52 ESSOCUP Scott Isaac,17,CASC
1:58.73 ESSOCUP Ron Page,17,HYACK
1:58.76 ESSOCUP Jamie King,17,COSC
1:58.78 ESSOYTH Marc Daoust,15,PCSC
1:58.80 ESSOCUP James Bretzlaff,16,LUSC
1:58.82 ESSOCUP Scott LeBuke,17,EKSC
1:58.95 CDSCAPR Steven VanderMeulen,17,VK
1:59.05 ESSOCUP Charles Meklensek,16,PCSC
1:59.10 ESSOYTH Brad Creelman,15,TOMAC
1:59.12 ESSOCUP Chris Weekes,16,NSC
1:59.18 ONTCUP 2 Bernhard Volz,17,NYAC
1:59.18 ESSOCUP Tom Evans,17,EKSC

400 METRES FREESTYLE
Rec:3:56.34 A.Baumann,LUSC,80
3:56.98 ESSOCUP Scott Flowers,17,EKSC
3:57.06 ESSOCUP Turlough O'Hare,16,COSC
3:58.41 ESSOCUP Paul Szekula,17,PCSC
4:02.24 ESSOCUP Raymond Brown,16,ROW
4:03.17 ESSOCUP Greg Streppel,17,ROD
4:03.81 ESSOCUP Harry Taylor,17,EKSC
4:04.79 ESSOCUP Bernhard Volz,17,NYAC
4:04.87 ESSOCUP Mark Oldham,16,UCSC
4:04.96 ESSOCUP Paul Hebert,17,MANTA
4:07.64 ESSOCUP Scott Isaac,17,CASC
4:07.90 ESSOCUP Kyle Seeback,15,ESC
4:07.99 ESSOCUP James Bretzlaff,16,LUSC
4:08.37 ESSOCUP Tom Evans,17,EKSC
4:09.29 ESSOCUP Patrick Gagnon,15,SAMAK
4:09.65 ESSOCUP Charles Meklensek,16,PCSC
4:09.90 ESSOCUP Greg Horle,17,HWAC
4:10.52 USOPEN85 Keith Purvis,16,COSC
4:10.72 ESSOYTH Don Haddow,15,ESC
4:10.95 ESSOCUP Robert Pearson,15,BROCK
4:11.03 ESSOCUP Jamie King,17,COSC
4:11.50 ESSOCUP Chris Read,17,OCSC
4:11.90 ESSOYTH Bill Murray,15,PCSC
4:12.00 ESSOCUP Brett Regan,15,VICO
4:12.16 ESSOCUP Ian Hylands,17,HYACK
4:12.20 CDSCJAN Rick Coopman,16,CDSC

1500 METRES FREESTYLE
Rec:15:28.07 C.Chalmers,LYAC,85
15:29.51 ESSOCUP Harry Taylor,17,EKSC
15:46.39 ESSOCUP Turlough O'Hare,16,CUSC
15:55.21 ESSOCUP Kyle Seeback,15,ESC
16:02.12 ESSOCUP Tom Evans,17,EKSC
16:04.21 ONTCUP 2 Bernhard Volz,17,NYAC
16:06.17 ESSOCUP James Bretzlaff,16,LUSC
16:09.76 ESSOCUP Jamie King,17,COSC
16:16.77 ESSOCUP Keith Purvis,16,CDSC
16:17.97 ESSOCUP Greg Horle,17,HWAC
16:19.96 USOPEN85 Greg Streppel,17,ROD
16:24.21 CDSCJAN Chris Read,17,UCSC
16:27.04 ESSOYTH Bill Murray,15,PCSC
16:28.00 ESSOCUP Paul Hebert,17,MANTA
16:32.86 ESSOCUP Paul Block,16,HYACK
16:33.79 ESSOCUP Robert Pearson,15,BROCK
16:34.75 ESSOCUP Jean-P. Cote,16,SELCT
16:35.08 OSCOEC Scott Flowers,17,EKSC
16:35.56 ESSOYTH Martin Boulet,15,CNCQ
16:35.93 ESSOCUP Patrick Gagnon,16,SAMAK
16:44.44 ESSOYTH Michael Rutledge,15,NYAC
16:49.38 CDSCJAN Mark Oldham,16,UCSC
16:51.80 ESSOYTH Steve Lutz,15,NYAC
16:53.92 ESSOCUP Brett Regan,15,VICO
16:56.73 CDSCJAN Ian Hylands,17,HYACK
16:57.88 DDOAPR Bernard Laplerre,15,POM

100 METRES BACKSTROKE
Rec:0:56.49 M.Tewksbury,UCSC,85
0:56.51 USOPEN85 Mark Tewksbury,17,UCSC
0:59.01 ESSOCUP Raymond Brown,16,ROW
0:59.45 ESSOCUP Gary Anderson,16,ESC
1:00.31 ESSOCUP Tyler Clair,15,ROW
1:00.49 PQCUP 1 Paul Szekula,17,PCSC
1:00.96 ESSOCUP Greg Streppel,17,ROD
1:00.98 ESSOCUP Michael Woolhouse,17,UCSC
1:01.10 COSCAPR Steven VanderMeulen,17,VK
1:01.39 ESSOCUP Jon Wakefield,17,ROW
1:01.59 ESSOCUP Simon Bicknell,16,HYACK
1:02.06 ESSOCUP Floyd Campbell,16,EKSC
1:02.35 ONTCUP 2 Campbell Hastings,16,BROC
1:02.50 OSCDEC Ryan Bell,16,CASC
1:02.72 OSCDEC Scott Flowers,17,EKSC
1:02.79 PQSRFEB Patrick Gagnon,15,SAMAK
1:02.86 ESSOYTH Trent McNicol,15,BRANT
1:02.93 UTJAN Craig Stroyan,17,NYAC
1:02.95 ESSOYTH Doug Yarnell,15,BROCK
1:02.96 ESSOYTH David Thivierge,15,LAVAL
1:03.31 ESSOCUP Robin Godfrey,17,OCSC
1:03.68 MANSASK Lee Dean,16,ROD
1:03.86 ESSOCUP Noel Harrington,17,NYAC
1:03.87 PRAIRIE Richard Martin,16,MM
1:03.92 ONTCUP 2 Bernhard Volz,17,NYAC
1:03.94 ESSOCUP Andreas Hikel,17,EKSC

200 METRES BACKSTROKE
Rec:2:02.60 S.Goss,NYAC,84
2:02.67 USOPEN85 Mark Tewksbury,17,UCSC
2:08.09 PQCUP 1 Paul Szekula,17,PCSC
2:08.38 ESSOCUP Michael Woolhouse,17,UCSC
2:10.02 USOPEN85 Greg Streppel,17,ROD
2:10.39 ESSOCUP Tyler Clair,15,ROW
2:12.27 ESSOCUP Jon Wakefield,17,ROW
2:12.48 ESSOCUP Ryan Bell,16,CASC
2:13.03 ESSOCUP Simon Bicknell,16,HYACK
2:13.32 COSCJAN Scott Flowers,17,EKSC
2:13.39 ESSOYTH Doug Yarnell,15,BROCK
2:14.66 ESSOCUP Yves Guillemette,17,MEGO
2:14.70 PQSRFEB Patrick Gagnon,15,SAMAK
2:15.08 CDSCJAN Floyd Campbell,16,EKSC
2:15.11 ESSOYTH Trent McNicol,15,BRANT
2:15.25 ESSOCUP James Bretzlaff,16,LUSC
2:15.40 ESSOYTH David Thivierge,15,LAVAL
2:15.56 CDSCJAN Glenn Bowie,16,COSC
2:15.87 ESSOCUP Rick Cosgrove,16,PCSC
2:16.35 ESSOCUP Robin Godfrey,17,OCSC
2:16.70 ESSOCUP Noel Harrington,17,NYAC
2:16.76 ESSOCUP Campbell Hastings,16,BROCK
2:16.98 TOMACFEB Donald Kidd,15,TOMAC
2:17.39 PRAIRIE Richard Martin,16,MM
2:17.82 TOMACFEB David Smith,16,TOMAC
2:17.86 ESSOCUP Jeff Hayden,17,UCSC

100 METRES BREASTSTROKE
Rec:1:04.24 V.Davis,ROW,81
1:05.96 ESSOCUP David Leblanc,17,CAMO
1:06.87 ESSOCUP Cameron Grant,16,SSC
1:07.39 ESSOCUP Randy Fedderson,17,CASC
1:07.51 ESSOCUP Len Walker,16,UCSC
1:08.25 ESSOCUP Chris Harbeck,17,MANTA
1:08.52 ESSOCUP Brad Creelman,15,TOMAC
1:09.13 ESSOCUP Steve Gombal,15,WAC
1:09.32 PQCUP 1 Martin Tamme,17,PCSC
1:09.56 ESSOCUP David Loyola,15,STARS
1:09.58 CDSCJAN Ian Hylands,17,HYACK
1:09.63 ESSOCUP Andrew Garry,16,YORK
1:09.84 ESSOCUP Scott Tappen,15,HTAC
1:09.94 ESSOCUP Jon Cleveland,15,UCSC
1:09.94 ESSOCUP Kelvin Mortimer,16,CDSC
1:10.06 ONTCUP 2 Steve Verseghy,17,AAC
1:10.14 ESSOCUP Martin Blanchette,17,CAMO
1:10.18 ESSOCUP Matthew Young,16,TOMAC
1:10.25 ESSOCUP Dean Schultz,17,EKSC
1:10.46 OSCOEC Corey Bernard,16,EKSC
1:10.51 ESSOCUP Daniel Tapin,17,CNS
1:10.76 ESSOYTH Craig Crawford,15,BRANT
1:10.76 UNTCUP 2 Mark Morrison,15,NSC
1:10.88 ALBAGFEB Robert Krauss,16,UCSC
1:10.89 ONTCUP 2 Adrian Gedye,16,LUSC
1:10.96 ESSOYTH David Hershey,15,SSMAC

200 METRES BREASTSTROKE
Rec:2:19.53 V.Davis,ROW,81
2:24.02 ESSOCUP Cameron Grant,16,SSC
2:24.87 ESSOCUP David Leblanc,17,CAMO
2:25.92 ESSOCUP Steve Gombal,15,WAC
2:27.65 ESSOCUP Chris Harbeck,17,MANTA
2:28.23 ESSOCUP Kelvin Mortimer,16,CUSC
2:28.84 ESSOCUP Jon Cleveland,15,UCSC
2:29.38 ESSOCUP Dean Schultz,17,EKSC
2:29.75 PQCUP 1 Martin Tamme,17,PCSC
2:30.24 ESSOCUP Randy Fedderson,17,CASC
2:30.45 ESSOCUP Len Walker,16,UCSC
2:30.97 ESSOYTH Scott Tappen,15,HTAC
2:31.97 PQSRFEB Francis Montreuil,16,LEVY
2:32.13 TOMACFEB Andrew Garry,16,YORK
2:32.22 ESSOCUP Matthew Young,16,TOMAC
2:32.51 ESSOCUP Daniel Tapin,17,CNS
2:32.61 ESSOYTH Michael Rollason,15,NYAC
2:33.47 ESSOCUP Claude St.Laurent,17,ENL
2:33.61 ESSOYTH Steve Lutz,15,NYAC
2:34.14 ESSOYTH Craig Crawford,15,BRANT
2:34.42 EASTFEB Marc Pelletier,16,CVAC
2:34.46 ONTCUP 2 Adrian Gedye,16,LUSC
2:34.87 ESSOYTH Todd Major,15,BROCK
2:35.23 ONTCUP 2 Mark Morrison,15,NSC
2:35.36 CUSCJAN Ian Hylands,17,HYACK
2:35.45 OSCUEC Corey Bernard,16,EKSC

100 METRES BUTTERFLY
Rec:0:55.64 T.Ponting,UCSC,82
0:56.82 ESSOCUP Brad Creelman,15,TOMAC
0:57.45 ESSOCUP Scott Isaac,17,CASC
0:57.64 ESSOCUP Scott Flowers,17,EKSC
0:57.73 ESSOCUP Mike Gurzi,17,ESC
0:58.57 ESSOCUP Louis-M. Girouard,17,SELCT
0:58.79 ESSOCUP Paul Block,16,HYACK
0:58.88 ESSOCUP Steven VanderMeulen,17,VK
0:59.04 ESSOCUP Mark Braaten,17,COBRA
0:59.39 ESSOCUP Eric Blouin,17,LAVAL
0:59.49 ESSOCUP Rick Lawrence,16,WAC
0:59.71 ESSOCUP Andrew Boyd,15,COBRA
0:59.77 ESSOCUP David Methot,16,TRACY
0:59.83 UNTCUP 2 Gary Anderson,16,ESC
0:59.90 ESSOCUP Jason Brandt,15,ESC
0:59.95 SASKMAR Greg Streppel,17,ROD
1:00.00 ESSOYTH Bernard Laplerre,15,POM
1:00.03 CUSCJAN Ron Page,17,HYACK
1:00.05 ESSOYTH Marc Daoust,15,PCSC
1:00.19 ESSOCUP Claude St.Laurent,17,ENL
1:00.20 ESSOYTH Galen Davison,15,CUSC
1:00.66 ONTCUP 2 Raymond Brown,16,ROW
1:00.74 ESSOCUP Robert Fox,17,AMAC
1:00.77 ESSOCUP John Bayley,17,COSC
1:00.07 ONTCUP 2 Tony Novak,17,SCAR
1:00.91 ESSOYTH Michael Hawkes,15,FYA

200 METRES BUTTERFLY
Rec:2:00.78 P.Ward,CDSC,81
2:05.59 ESSOCUP Mike Gurzi,17,ESC
2:05.81 ESSOCUP Louis-M. Girouard,17,SELCT
2:05.97 ESSOCUP Scott Isaac,17,CASC
2:06.07 ESSOCUP Scott Flowers,17,EKSC
2:07.52 ESSOCUP Paul Block,16,HYACK
2:07.74 USOPEN85 Mike Meldrum,17,UCSC
2:08.23 ESSOCUP Mark Braaten,17,COBRA
2:08.40 ESSOCUP Jason Brandt,15,ESC
2:10.56 ESSOYTH Bernard Laplerre,15,POM
2:10.65 ESSOCUP Jamie King,17,CUSC
2:10.76 ESSOCUP Andrew Boyd,15,COBRA
2:10.79 ESSOCUP Greg Streppel,17,ROD
2:11.07 ESSOCUP Ron Page,17,HYACK
2:11.26 PQCUP 1 Eric Blouin,16,LAVAL
2:12.35 ESSOCUP David Buratto,17,WAC
2:12.68 ESSOCUP Rick Lawrence,16,WAC
2:13.03 ESSOYTH Kyle Seeback,15,ESC
2:13.39 ESSOYTH Sebastien Goulet,15,POM
2:13.42 ESSOCUP John Bayley,17,COSC
2:13.70 DDOAPR David Leblanc,17,CAMO
2:13.73 COSCJAN Dean Lindal,17,VICO
2:13.83 PQSRFEB Jean-P. Cote,16,SELCT
2:14.15 PQSRFEB Luc Chantelois,16,SAMAK
2:14.77 ONTCUP 2 Donald Kidd,15,TOMAC
2:15.19 PQSRFEB Jean-F. Roussy,16,SELCT

200 METRES IND.MEDLEY
Rec:2:02.78 A.Baumann,LUSC,81
2:09.18 ESSOCUP Raymond Brown,16,ROW
2:09.67 ESSOCUP Scott LeBuke,17,EKSC
2:10.01 ESSOCUP Gary Anderson,16,ESC
2:10.11 ESSOCUP Greg Streppel,17,ROD
2:11.63 ESSOCUP Randy Fedderson,17,CASC
2:12.63 ESSOCUP Yves Guillemette,17,MEGO
2:12.66 ESSOCUP Rick Coopman,16,CDSC
2:13.17 ESSOCUP Paul Szekula,17,PCSC
2:13.91 ESSOCUP Chris Bellefeuille,17,MEG
2:14.03 ESSOCUP Jean-F. Roussy,16,SELCT
2:14.04 ESSOCUP Brad Creelman,15,TOMAC
2:14.36 ESSOCUP Glenn Bowie,17,COSC
2:14.52 ESSOCUP Sebastien Goulet,16,POM
2:14.62 ESSOCUP Simon Bicknell,16,HYACK
2:14.72 PQCUP 1 Patrick Gagnon,15,SAMAK
2:14.72 ESSOCUP Ron Page,17,HYACK
2:14.83 ESSOCUP David Loyola,15,STARS
2:15.01 ESSOYTH Steve Lutz,15,NYAC
2:15.08 ESSOCUP Chris Fenton,17,COBRA
2:15.38 ESSOCUP Michael Woolhouse,17,UCSC
2:15.47 ESSOCUP Rick Cosgrove,16,PCSC
2:15.66 CUSCJAN Ian Hylands,17,HYACK
2:15.97 EASTFEB Scott Tappen,15,HTAC
2:16.00 ESSOCUP Jason Morin,15,PCSC
2:16.28 ESSOCUP Shannon Smith,15,YYW

400 METRES IND.MEDLEY
Rec:4:22.39 A.Baumann,LUSC,81
4:30.00 ESSOCUP Raymond Brown,16,ROW
4:32.82 ESSOCUP Greg Streppel,17,ROD
4:32.98 ESSOCUP Gary Anderson,16,ESC
4:35.29 ESSOCUP Scott LeBuke,17,EKSC
4:38.44 USOPEN85 Mike Meldrum,17,UCSC
4:40.99 ESSOCUP Steve Lutz,15,NYAC
4:41.00 ESSOCUP Kyle Seeback,15,ESC
4:42.35 ESSOCUP Chris Bellefeuille,17,MEG
4:42.74 ONTCUP 2 Bernhard Volz,17,NYAC
4:43.97 ESSOYTH Bernard Laplerre,15,POM
4:44.31 PQSRFEB Jean-P. Cote,16,SELCT
4:45.41 COSCJAN Rick Coopman,16,COSC
4:45.60 ESSOCUP Glenn Bowie,17,COSC
4:46.23 ESSOCUP Jamie King,17,COSC
4:48.45 ESSOCUP Jason Morin,15,PCSC
4:48.56 ESSOCUP David Buratto,17,WAC
4:49.30 DDOAPR David Leblanc,17,CAMO
4:49.68 ESSOCUP James Bretzlaff,16,LUSC
4:50.27 PQSRFEB Francis Montreuil,16,LEVY
4:50.43 ESSOCUP Jean-F. Roussy,16,SELCT
4:50.46 ONTCUP 2 Neil Murray,15,AAC
4:51.18 ESSOYTH Martin Boulet,15,CNCQ
4:51.26 PCSCOEC Eric Tremblay,16,CAMO
4:51.42 EASTFEB Scott Tappen,15,HTAC
4:51.90 PRAIRIE Paul Hebert,17,MANTA

4X50 MEDLEY RELAY
Rec:1:51.12 Edm.Keyano,EKSC,85
1:52.77 PCSCDEC Pointe Claire SC,PCSC
1:54.55 ALBAGFEB Cascade Swim Club,CASC
1:55.00 ALBAGFEB Edmonton Keyano SC,EKSC
1:55.70 HYACKJAN Hyack Swim Club,HYACK
1:56.14 ALBAGFEB Univ.Calgary SC,UCSC
1:58.09 PCSCOEC CN Laval,LAVAL
1:58.70 DDOAPR Sault Ste.Marie AC,SSMAC
2:00.07 MANSASK Manitoba Marlins,MM
2:01.21 ALBAGFEB Olympian Swim Club,OSC
2:01.42 MANSASK Manta Aquatic Club,MANTA
2:02.37 ESSOYTH Glouc-Ottawa Kingfish,GO
2:02.61 GMACMAR Dorado SC,STARS
2:03.30 HTACAPR Halifax Trojans,HTAC
2:03.56 MANSASK St.John's AquaKings,SJAK
2:04.39 DDOAPR Nepean Swim Club,NSC
2:05.18 HYACKJAN Victoria Olympians,VICO
2:05.30 UCSCJAN Vernon KokaneeSC,VKSC
2:05.32 CDSCAPR Canadian Dolphin SC,CDSC
2:06.65 GMACMAR Markham AC,MAC
2:07.15 ALBAGFEB Killarney SwimClub,KSC
2:07.36 HTACAPR Dartmouth Crusaders,OCSC
2:07.61 CDSCAPR Chena Swim Club,CHENA
2:07.77 HYACKJAN Richmond Racers,RACER
2:07.88 GMACMAR Brantford AC,BRANT
2:08.02 GMACMAR Guelph Marlin AC,GMAC

4X50 FREE RELAY
Rec:1:40.67 Edm.Keyano,EKSC,85
1:42.11 ALBAGFEB Edmonton Keyano SC,EKSC
1:42.26 PCSCUEC Pointe Claire SC,PCSC
1:42.77 HYACKJAN Hyack Swim Club,HYACK
1:43.05 EASTFEB Codiac Vikings,CVAC
1:44.37 PRAIRIE Manta Aquatic Club,MANTA
1:44.70 ESSOYTH Etobicoke SC,ESC
1:45.00 ESSOYTH St.John's AquaKings,SJAK
1:45.17 PRAIRIE Manitoba Marlins,MM
1:46.17 ALBAGFEB Univ.Calgary SC,UCSC
1:46.48 GMACMAR Dorado SC,STARS
1:46.55 PCSCOEC Sault Ste.Marie AC,SSMAC
1:46.71 ALBAGFEB Cascade Swim Club,CASC
1:46.90 ESSOYTH North York AC,NYAC
1:47.24 PRAIRIE Kenora Aquatics,KA
1:47.98 HTACAPR Pictou Mariners,PCMSC
1:48.24 ALBAGFEB Olympian Swim Club,OSC
1:49.42 PCSCDEC Hamilt-Wentworth AC,HWAC
1:49.46 CDSCAPR Chena Swim Club,CHENA
1:50.60 GMACMAR Markham AC,MAC
1:51.33 HYACKJAN Victoria Olympians,VICO
1:51.59 LASCAPR Stettler Swim Club,SSC
1:52.28 HYACKJAN Vancouver Pacific SC,VPSC
1:52.37 GMACMAR Burlington Centurions,BSC
1:52.69 MANSASK Selkirk Dolphins,SO
1:52.84 HTACAPR Halifax Trojans,HTAC

Making Waves® Leader

Louise Copeman,12
Birthdate: September 25, 1973
Club: Newfoundland Aquarena AC
Coach: Anna Krizan
Specialty: Freestyle
Currently ranked first in the 800 free for girls 11-12 LCM TAG.

LCM Progression	*1985*	*1986*
100 freestyle	1:07.57	1:04.50
200 freestyle	2:20.70	2:18.33
400 freestyle	4:54.80	4:49.19
800 freestyle	9:55.40	9:40.30
200 breaststroke	3:08.73	2:58.40
100 butterfly	1:13.61	1:11.30
200 butterfly	2:39.30	2:35.83
200 ind.medley	2:46.10	2:38.70

Andrea McVean,12
Birthdate: June 27, 1973
Club: North York Aquatic Club
Coaches: Jim Fowlie, Bill Durrant
Specialty: Butterfly
Consolation finalist at Esso Youth Champs. in 200 fly (12th). Currently ranked 6th in 11-12 girls LCM TAG.

LCM Progression	*1985*	*1986*
200 backstroke	2:48.17	2:42.47
100 butterfly	1:14.12	1:11.87
200 butterfly	2:39.69	2:32.86
400 ind.medley	5:48.57	5:30.86

Cameron Grant,16
Birthdate: February 24, 1970
Club: Stettler Swim Club
Coach: Larry Nielson
Specialty: Breaststroke
Winner of both breaststrokes at Esso Youth Champs, finalist at Esso Cup/Trials with 6ths in both 100-200 breast.

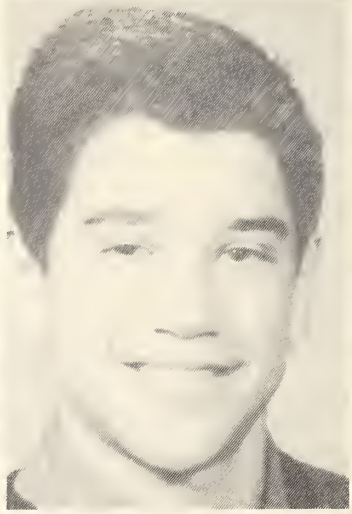
LCM Progression	*1985*	*1986*
100 breaststroke	1:07.63	1:06.87
200 breaststroke	2:27.47	2:24.02
200 ind.medley	2:18.90	2:18.44
400 ind.medley	4:58.02	4:56.88

Scott LeBuke,17
Birthdate: December 10, 1968
Club: Edmonton Keyano SC
Coach: Dave Johnson
Specialty: Individual Medley
Consolation finalist in both i.m.'s at Esso Cup/Trials; 10th in 200 and 11th in 400 respectively.

LCM Progression	*1985*	*1986*
200 freestyle	1:58.50	1:58.82
400 freestyle	4:22.15	4:19.76
200 ind.medley	2:13.77	2:09.67
400 ind.medley	4:38.68	4:35.29

Scott Tappen,15
Birthdate: May 22, 1970
Club: Halifax Trojan AC
Coach: Gary MacDonald
Specialty: Breaststroke
Finalist at Esso Youth Champs. 6th in 100 breast, 3rd in 200 breast

LCM Progression	*1985*	*1986*
400 freestyle	4:31.33	4:25.89
100 breaststroke	1:11.56	1:09.84
200 breaststroke	2:35.52	2:30.97
100 butterfly	1:08.49	1:02.65
200 ind.medley	2:18.90	2:15.97
400 ind.medley	4:56.07	4:51.42



Giovanni Slaviero,12
Birthdate: July 7, 1973
Club: Coadiac Vikings, Moncton
Coach: Guy Bergeron
Specialty: Breaststroke
Ranked first in 100 breast for 1985-86 SCM TAG.

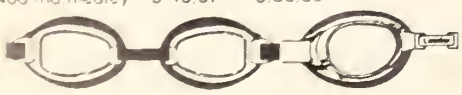
LCM Progression	*1985*	*1986*
100 breaststroke	1:20.55	1:17.38
200 breaststroke	2:58.11	2:51.38
200 ind.medley	2:42.26	2:33.95

Steve Lutz,16
Birthdate: April 17, 1970
Club: North York Aquatic Club
Coach: Jim Fowlie
Specialty: Individual Medley
Medal winner at Esso Youth Champs. 2nd in 200 i.m., 3rd in 400 i.m. 15th at Esso Cup/Trials in 400 i.m.

LCM Progression	*1985*	*1986*
400 freestyle	4:24.59	4:16.13
1500 freestyle	17:33.30	16:57.80
100 breaststroke	1:15.04	1:13.54
200 breaststroke	2:39.86	2:33.61
200 ind.medley	2:21.00	2:15.01
400 ind.medley	4:59.41	4:40.99

Tom Evans,16
Birthdate: May 19, 1969
Club: Edmonton Keyano SC
Coach: Dave Johnson
Specialty: Distance Freestyle
Finalist at Esso Cup/Trials with 6th in 1500 freestyle.

LCM Progression	*1985*	*1986*
200 freestyle	1:57.47	1:59.18
400 freestyle	4:06.78	4:08.37
1500 freestyle	16:11.04	16:02.12



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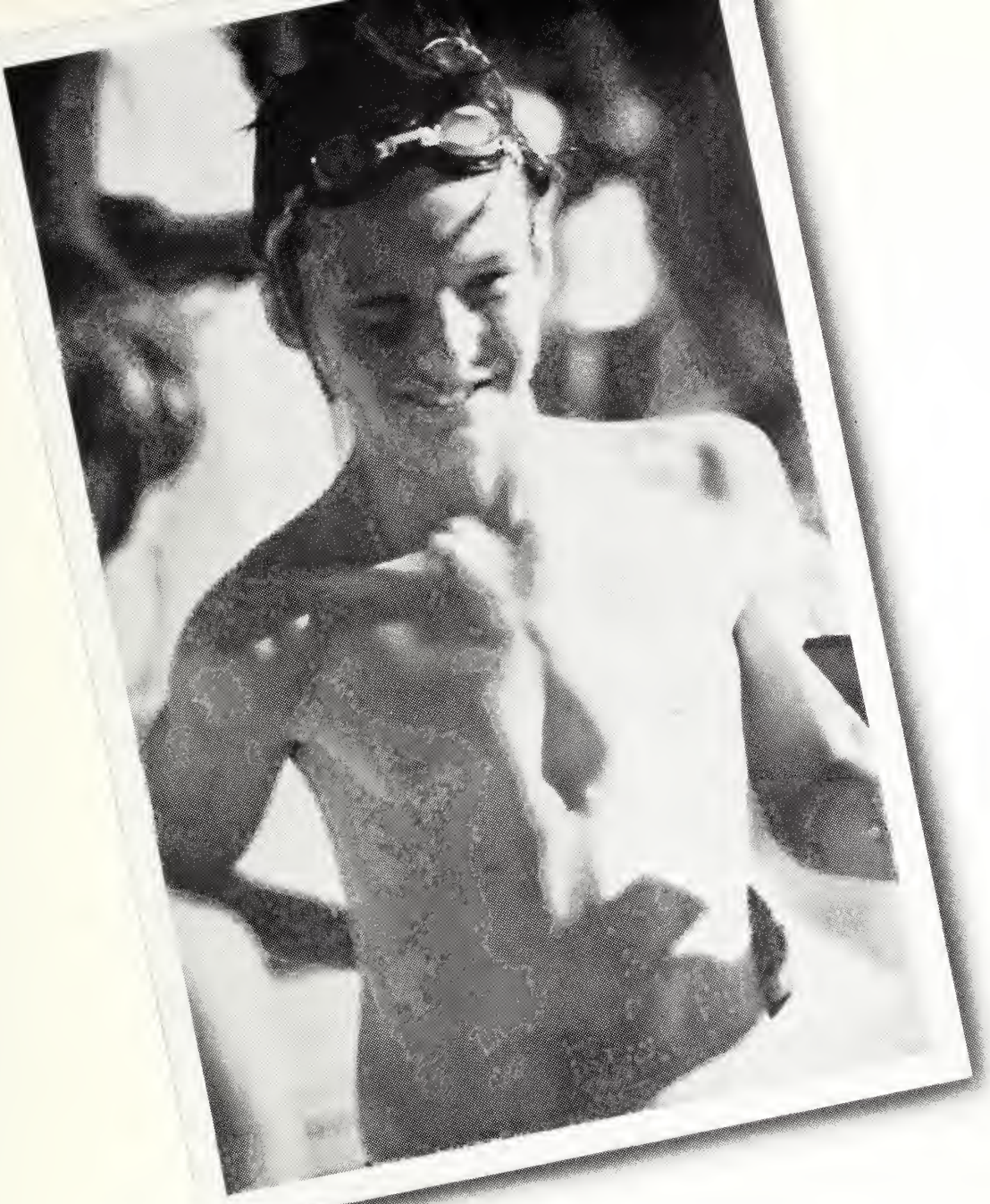

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